

Natural Gatorade: Electrolyte Replenishing Drink

Ingredients

1 tsp salt
1 tsp baking soda
4 tsp honey/maple syrup
4 tsp lemon juice

1. Combine ingredients in about one litre of filtered water.
2. Drink as needed during exercise to replenish electrolytes lost through sweating.

Glucose and salt are formulated together in Gatorade, because the two molecules are most efficiently absorbed into cells simultaneously through a glucose-sodium transport pump. The baking soda and salt also provide chloride and bicarbonate ions which are a component of our cellular fluids.

Natural Gatorade is a fantastic sports drink because it is easy to prepare and does not contain artificial colours, flavours or chemicals as most commercial brands do.