



Natural Gatorade: Electrolyte Replenishing Drink

Ingredients

½ tsp Celtic sea salt or Himalayan pink salt
½ tsp baking soda
1Tbsp honey/maple syrup
1 Tbsp lemon juice
1L filtered water

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

Glucose and salt are formulated together in electrolyte drinks because the two molecules are most efficiently absorbed into cells simultaneously through a glucose-sodium transport pump. This is like a one-way revolving door that requires one glucose and one sodium molecule to allow entry.

The baking soda provides bicarbonate ions and sea salt provides chloride and additional electrolytes which are a component of our cellular fluids. This “Natural Gatorade” is a good alternative to a standard packaged sports drink because it is easy to prepare and does not contain artificial colours, flavours and sweeteners as most commercial brands do.