

# Hydrate & Energize Electrolyte Formula

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## Ingredients:

**2 cups (16 oz) filtered water**

**¼ tsp sea salt (for sodium)**

**¼ tsp baking soda (for sodium bicarbonate)**

**2 tbsp fresh lemon juice (for flavor + potassium)**

**1 tbsp maple syrup or raw honey (natural carbs for energy + taste)**

**Optional: ⅛ tsp magnesium citrate powder (for magnesium)**

**Optional: A few drops of trace mineral drops**



## Instructions:

**Combine all ingredients in a glass or shaker bottle.**

**Stir or shake well until the salt and sweetener are fully dissolved.**

**Chill or serve over ice.**

**Drink before, during, or after workouts — or anytime you need a hydration boost.**



## Notes:

**Store in the fridge for up to 24 hours.**

**For flavored variety, add a splash of orange juice, coconut water, or a few mint leaves.**

**Adjust sweetness or saltiness to your taste.**