

Add to Water for Minerals & Electrolytes

Simple ways to boost the mineral and electrolyte content of your water.

Daily Use Options

- **Sea salt** (Celtic or Himalayan pink salt) — adds sodium, magnesium, calcium, and potassium.
- **Trace mineral or electrolyte drops** — provide magnesium, chloride, and potassium.
- **Lemon or lime juice** — adds potassium, vitamin C, and enzymes.
- **Aloe vera juice** — offers trace minerals and supports digestion.
- **Apple cider vinegar** — provides potassium and supports pH balance and gut health.
- **Sea moss gel or powder** — contains 90+ trace minerals including iodine and zinc.
- **Moringa powder** — adds calcium, magnesium, and potassium.

Post-Workout / Recovery Options

- **Coconut water** — rich in potassium, magnesium, and natural sugars for energy.
- **Baking soda** (small pinch) — replenishes sodium and helps reduce acidity.
- **Potassium chloride powder** — supports muscle and nerve function.
- **Raw honey** — provides minerals and quick energy.
- **Chlorella or spirulina powder** — rich in magnesium, iron, and trace minerals.
- **Magnesium glycinate or citrate powder** — supports relaxation and muscle recovery.
- **Rehydration packets** (LMNT, Ultima, Liquid IV) — pre-formulated electrolyte blends.

This information is for general wellness and is not a substitute for medical advice. Consult a healthcare provider before making significant changes, especially if you have kidney, heart, or blood pressure conditions.