



### Dr. Black's DIY Customizable Electrolyte Mix Guide

| TIER                              | DESCRIPTION                                         | BASE RECIPE                      |
|-----------------------------------|-----------------------------------------------------|----------------------------------|
| <b>Level 1: Daily Drip</b>        | Gentle hydration for day-to-day use                 | ¼ tsp salt (NaCl)<br>2 Tbs sugar |
| <b>Level 2: Sweat Support</b>     | Replaces what's lost during exertion in the heat    | 1/3 tsp salt<br>2 Tbs sugar      |
| <b>Level 3: Bounce Back Blend</b> | Serious rehydration for illness or intense exercise | ½ tsp salt<br>2 Tbs sugar        |

#### Optional Add-ins:

- Potassium\*: ¼ tsp Lite Salt
- Magnesium: ½–1 tsp magnesium citrate powder such as Natural Calm
- Zero calorie sweetener: ¼ - ½ tsp Stevia or Monk Fruit powder

**Mix everything with 1 liter (34 oz) of cool water**

#### Flavor Variations:

- **Ginger-Lemon Soother** – Add fresh ginger slices and a squeeze of lemon. Great when you have an upset stomach.
- **Citrus Zing** – Squeeze in lemon, lime, or orange wedges. Add zest or peel for more intense flavor.
- **Watermelon Agua Fresca** – mash or blend watermelon with a few mint leaves & a squeeze of lime juice. My favorite!
- **Strawberry Lime Refresher** – Muddle fresh sweet strawberries and lime juice into the bottle. Yum!
- **Cucumber Basil Cleanser** – Muddle cucumber slices and a couple of fresh basil leaves. Add to the water and let sit for 15 minutes, then pour through a mesh strainer. So fresh!
- **Summer mint-limeade** – Crush fresh mint leaves and squeeze a wedge of lime into the bottle. Perfect for sipping on your porch on a hot summer day.

#### 24-serving Daily Drip Batch Recipe

- 2 Tbs Salt
- 1 cup Sugar
- 2 Tbs Lite Salt
- 3 Tbs Magnesium citrate
- 8 packets Monk Fruit or Stevia

1. Add ingredients to a container with an air-tight lid and shake until evenly mixed.
2. Add 1 level tablespoon of mixture to 1 liter of water and shake well.
3. Add in your favorite flavor variation and enjoy!

\*Check with your doctor before adding potassium. Seek medical attention for signs of severe dehydration such as dizziness, confusion, rapid heartbeat, or dry mouth with little to no urine output.