

NATURE GAL

Naturals



Healthy Electrolyte Water

- 1 quart of liquid (options: green tea, herbal teas, coconut water, or plain water)
- 1/8 - 1/4 teaspoon of high quality salt (or more if needed)
- 1 teaspoon of calcium magnesium powder
- 1/4 cup or more of juice (optional) - can use grapes, apple, lemon, lime, or pineapple
- 1 - 2 tablespoons of sweetener (optional) - you may use honey or stevia. We suggest brewing stevia leaf into the base liquid for the most natural option.