

Homemade Oral Rehydration Solution

A quick DIY rehydration drink for hot days, mild dehydration, or post-exercise recovery. Base recipe plus five simple variations on the WHO formula.

Yield: 500ml

Make fresh: drink same day

Base (500ml)

- **500ml** water
- **20g** sugar
- **1.5g** salt

Ratio

Water : sugar : salt $\approx$ 1000 : 40 : 3.
The sugar helps the body absorb the salt; the salt replaces what sweat and illness have lost.

Method

1. Measure water into a clean bottle or jar.
2. Add sugar and salt.
3. Stir or shake until **fully dissolved**.
4. Drink within 24 hours. Make fresh each time.

Variations

Lemon / Lime

15ml juice
20g sugar
1.5g salt

Honey

24g honey
1.5g salt
replaces sugar

Orange Juice

30ml OJ (100%)
17g sugar
1.5g salt
470ml water

Apple Juice

30ml AJ (100%)
16.5g sugar
1.5g salt
470ml water

Umeboshi

1 piece crushed
20g sugar
omit salt (ume supplies ~1.5g)

Potassium

A ripe banana (~420mg potassium) alongside this solution reasonably covers the potassium gap.