

Rehydration Solution Options

| | Sodium | Potassium | Sugar | Serving Size | Cost Per Serving |
|---|-------------|------------|----------------------|--------------------|------------------------------|
| Salt Stick Vitassium | 215 mg | 63 mg | None | 1 capsule | 0.22¢ |
| Vitassium Electrolyte Powder | 500mg/scoop | 100mg | 2 g | 1 scoop | 0.9 ¢ for tub, \$1.90/packet |
| Liquid IV Hydration | 500 mg | 370 mg | 11 g | 1 packet/500 mL | 0.75¢ |
| Nuun <u>SPORT</u> | 300 mg | 150 mg | 1 g | 1 tablet/500 mL | 0.59¢ |
| Oral Rehydration Salts AGS (WHO Formula) [Normalyte] | 851 mg | 393 mg | 6.75 g (Dextrose) | 1 packet/500 mL | 1.39\$ |
| Thermotabs | 180 mg | 15 mg | None | 1 tablet | 0.09¢ |
| V8 100% Vegetable Juice | 940 mg | 640 mg | 10 g | 1 Can (11.5 FL Oz) | 0.46¢ |
| V8 +Hydrate | 50 mg | 150 mg | 10 g | 1 Can (8 Fl Oz) | 0.41¢ |
| Chicken Broth (Progresso) | 820 mg | Not Listed | 1 g | 1 cup (237 mL) | Varies |
| Vega Sport Electrolyte Hydrator | 100 mg | 400 mg | N/A | 1 scoop | 0.68¢ |
| Salt (NaCl) | 2300 mg | N/A | N/A | 1 tsp Salt | |
| Normal Saline (IV Fluid) | 3600 mg | | | 1 Liter | \$\$\$ & time |
| LMNT | 1000 mg | 200 mg | None (Stevia) | 1 packet/500 mL + | 1.50\$ or Bundle 1.13\$ |
| Re-lyte | 810 mg | 400 mg | None | 1 scoop (4.6 g) | 0.67¢ |
| | | | | | |
| *Cost varies | | | | | |
| **Broth content varies, make sure to check labels | | | | | |

***Bateman Horne Center is not a financial beneficiary or endorser of any of the products outlined in this handout.**

Disclaimer: Consult with your medical care team prior to making any drastic diet changes or adding additional supplements. Increased sodium consumption may be contraindicated based on medication and pre-existing conditions. Ensure your provider is aware of your supplementation and is monitoring closely.