

## 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¢
<b>Oral Rehydration Salts</b>					
<b>AGS (WHO Formula)</b>			6.75 g		
<b>[Normalyte]</b>	851 mg	393 mg	(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
<b>Vega Sport Electrolyte Hydrator</b>					
	100 mg	400 mg	N/A	1 scoop	0.68¢
<b>Salt (NaCl)</b>	2300 mg	N/A	N/A	1 tsp Salt	
<b>Normal Saline (IV Fluid)</b>	3600 mg			1 Liter	\$\$\$ & time
<b>LMNT</b>	1000 mg	200 mg	None (Stevia)	1 packet/500 mL +	1.50\$ or Bundle 1.13\$
<b>Re-lyte</b>	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.