

Rehydration Solution Options

	Sodium	Potassium	Sugar	Serving Size	Cost
Salt Stick Vitassium	215 mg	63 mg	None	1 capsule	0.22¢
Liquid IV Hydration	500 mg	370 mg	11 g	1 packet/500 mL	0.75¢
Nuun SPORT	300 mg	150 mg	1 g	1 tablet/500 mL	0.59¢
Oral Rehydration Salts AGS(WHO Formula) [Normalyte]	500 mg	10 mEq	Anhydrous Glucose 6.75 g	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
*Cost varies					
**Broth content varies, make sure to check labels					
For discounted pricing of Liquid IV Hydration - Email russell@liquid-iv.com, reference Bateman Horne Center					