



# Oral Rehydration Solution

## A 3-day rehydration protocol

### Ingredients

1/2 tsp (2.5g) Natural Celtic Sea Salt / Australian Sea or Lake Salt

1/4 cup Organic Pure Pomegranate Juice

1/4 cup Lemon / Lime / Orange Juice

1 1/2 cups of organic, unsweetened, pure coconut water

2 cups of filtered water

### Method

1. Mix together all ingredients into a glass, ceramic or stainless steel jug
2. Enjoy as per the protocol below
3. Keep refrigerated

### ORS Protocol

- Consume 1 glass of ORS over 30mins upon waking each day for 3 days
- Maintain hydration with water and non-caffeine herb tea throughout the day
- Consume additional glass of ORS over 30mins post exercise / workout