

The Electrolyte Plan

The sweat day test, the food list, and the label check on one page.

1 Decide if today is a sweat day or a normal day

On most days the honest answer is plain water.

- ☐ Sweat day: long or hot exercise, heavy manual work, a hot house, illness with fluid loss.
- ☐ Normal day: water with meals plus a plate with fruit and vegetables is the whole answer.
- ☐ Adults 19+ need 3,400 mg of potassium a day (men) and 2,600 mg (women), per NIH ODS.
- ☐ One stick pack carries 99 mg of potassium and 480 mg of sodium. Read that ratio twice.
- ☐ After real fluid loss a sports drink can help, but watch the sugar on the label.

If you cannot name what you lost today, you probably did not lose enough to replace.

2 Get your potassium from the plate first

Food carries the amount a packet cannot reach.

- ☐ Daily anchors: a banana, a baked potato with the skin, or a cup of cooked spinach.
- ☐ Also strong: dried apricots, prunes, raisins, orange juice, acorn squash, tomatoes.
- ☐ Beans, lentils, soybeans and nuts, plus milk, yogurt, meat, poultry and fish.
- ☐ Potassium from food has not been shown to harm healthy people with normal kidneys.

3 Know the symptoms that need a doctor, not a drink

Some signals are not a hydration problem at all.

- ☐ Get help now for confusion, fainting, no urination, rapid heartbeat or rapid breathing.
- ☐ Cramps that are new, frequent or one sided deserve a look, not a flavoured packet.
- ☐ Kidney disease, ACE inhibitors, ARBs and potassium sparing diuretics: ask first.
- ☐ Loop and thiazide diuretics push potassium out. That is a prescriber conversation.

4 Pick a mix that prints every mineral amount

If the number is not printed you cannot add it up.

- ☐ The label should print calcium, chloride, magnesium, potassium and sodium in mg.
- ☐ Zero sugar matters more than the flavour name on the front of the box.
- ☐ A third party seal such as NSF or USP confirms the make, not that it works.
- ☐ Thorne Daily Electrolytes: 30 stick packs, about \$1.33 a day at the listed price.

THE ONE WE USE

Thorne Daily Electrolytes

Zero sugar stick packs with every mineral amount printed on the label.

Shop the sticks

[Link works right from this PDF](#)