

# **Make Your Own Oral Rehydration Solution**

**Water is absorbed more rapidly in the gut when it is ingested with salt and sugar. Therefore, if you are very dehydrated, this recipe can re-hydrate you more rapidly than water alone, juice, or regular Gatorade.**

**In a large (32oz or larger) water bottle or container, mix:**

- 4 cups of water**
- ½ teaspoon of table salt**
- 2 Tablespoons of sugar**
- 3 oz of Lemon Juice (for taste)**

**Shake well and drink at least 16oz per hour (as able) until urine color is faintly yellow to clear**