

Cabinet Creations

Simple Electrolyte Drink

- Hydration Support • Potassium Balance • Fatigue Support
-

Prep:

- 2 minutes

Shelf life:

- 24 Hours

Ingredients:

- 1 quart water
 - pinch mineral salt
 - 1 tbsp raw honey
 - 1 tbsp lemon juice
-

Method:

- Add all ingredients to a glass jar.
- Shake well until fully dissolved.
- Chill if desired before using.

Use:

- Sip throughout the day for gentle hydration. Especially helpful during fatigue, low appetite, or when fluid intake is low.
-

Apothecary Notes:

- Water - Provides hydration and helps deliver dissolved minerals to the body. Using filtered or spring water improves mineral absorption.
 - Mineral Salt - Adds trace minerals and natural electrolytes that support hydration and nerve function. Helps the body retain and use fluids more effectively.
 - Raw Honey - Provides gentle glucose to aid mineral uptake and support energy. Traditionally used to improve electrolyte absorption and reduce fatigue.
 - Lemon Juice - Provides potassium and supports mineral absorption. Adds mild acidity that helps balance fluids and improve taste.
-