

Hydration + Electrolytes

A practical guide to fluids and minerals when appetite is lower.
Focus on simple hydration support, key electrolytes, and lower-sugar options.



1 Signs You May Need Support

- Dark or concentrated urine.
- Dry mouth or frequent headaches.
- Dizziness when standing up.
- Heavy legs or low motivation.

2 Sodium, Potassium + Magnesium

- Support nerve signals and muscle function.
- Reduced food intake can lower mineral intake.
- A common starting point: ~1,000 mg sodium, ~200 mg potassium, ~60 mg magnesium daily.



3 Lower-Sugar Options

- Choose sugar-free or stevia-sweetened electrolyte mixes.
- Skip high-sugar sports drinks.
- Consider LMNT, Salt of the Earth, or a simple DIY salt + mineral mix.

4 When to Be Cautious

- Too many electrolytes may worsen bloating or slow digestion, so more is not better — and if you have kidney disease or heart failure, check with your clinician before adding electrolyte supplements.
- This guide is educational and not medical advice — the amounts above are a general starting point, not a prescription, so personalize them with your clinician.

