St Mark’s Rehydration Solution

Ingredients

- 1 level teaspoon salt (3.5g)
- 6 level teaspoons glucose powder
- ½ teaspoon sodium bicarbonate powder
- 1L water

Mix together well. Can be taken refrigerated or unrefrigerated.

Tips for palatability

You may find the solution tastes salty.

This can be improved by:

- Storing the solution in the refrigerator and taking it chilled.
- Partially freezing the solution and drinking as a ‘slushy’.
- Sipping it through a straw.
- Adding a small amount (<100ml) of squash, fruit juice or diet cordial to improve the taste. This is best added while making up the solution- rather than adding to each glass so that the salt content remains high.
- Add a squeeze of fresh lemon or lime juice.