

## Homemade Sports Drink

There are many variations online to homemade sports drink. Our favorite is this one, which was adapted from one given to me by my awesome colleague, Craig Lane, an herbalist and nutritionist in Santa Cruz.

1 quart filtered water, coconut water, or herbal tea, such as rooibos, honeybush, peppermint, or ginger (or any combination of these liquids to make 1 qt)  
1/2 tsp Celtic sea salt or Himalayan salt  
freshly-squeezed juice of 3-4 limes or 1-2 lemons  
1-2 Tbspn raw honey  
5-10 drops Stevia extract (to taste)

Optional:

1/2 tsp PRL Coral Legend\* or 1/2 tsp PRL Polar Mins\*  
1 dropperful of Standard Process Phosfood\*

\*available for purchase at my office

Place all contents into a quart-sized BPA-free container such as a glass mason jar. Stir/shake well and sweeten to taste. Keep chilled. Will last up to 7 days when refrigerated.

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