Oral Rehydration Solution (ORS) Recipes

World Health Organization (WHO) Reduced Osmolarity "Home Prepared" ORS

- ½ teaspoon salt
- 2 tablespoons plus ¾ teaspoon sugar
- ½ teaspoon salt substitute (Morton's)
- 1 ¼ teaspoons trisodium citrate dihydrate*
- Water (to make 1 liter)

To a one liter container, add about 1/2 the needed water. Add the dry ingredients, stir well, then add the remaining water to make a final volume of one liter. Add Nutrasweet or Splenda-based flavoring of choice if desired.

Total sodium = 70 mEq
Total potassium = 20 mEq
Total carbohydrate = 27 g
Osmolarity: 245 mOsm/L

**Available from Amazon or Prescribed For Life at $12.95 a pound.*

Tips for Taking an ORS

- **ORS taste best when chilled.**
- **Sip throughout waking hours.**
- **Drink enough ORS to result in at least one liter of urine per 24 hours.**
- **Discard after 24 hours or freeze extra promptly.**
- **Consider freezing extra as ORS ice cubes to chill the next batch.**
- **Do not use regular ice cubes, as they will dilute the ORS components.**

The Oley Foundation
Help along the way

www.oley.org
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CeraLyte® 70

- 1 packet of CeraLyte 70®
- 1 liter (L) of water

Briskly mix 1 cup of warm water with CeraLyte® and shake until dissolved. Add additional cold water to make a one liter volume.

Total sodium = 70 mEq
Total potassium = 20 mEq
Total carbohydrate = 41 g
Osmolarity: 235 mOsm/L

TRIORAL™ Oral Rehydration Salts

- 1 packet of TRIORAL™
- 1 liter (L) of water

Dissolve entire contents of the packet in one liter of drinking water. Discard remaining solution after 24 hours.

Total sodium = 75 mEq
Total potassium = 20 mEq
Total carbohydrate = 13.5 g
Osmolarity: 245 mOsm/L

Gatorade® G2 Low Calorie (Ready to Drink)

- 1 quart of ready to drink Gatorade® G2 Low Calorie
- ½ teaspoon salt

Add salt to ready to drink Gatorade G2 and shake well.

Total sodium = 68 mEq
Total potassium = 3.2 mEq
Total carbohydrate = 18.6 g
Osmolarity: 256 mOsm/L

Note: potassium levels in this Gatorade® G2 recipe are well below the recommended amount for an ORS.

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