

# Oral rehydration solution

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lipidless.com

Low-osmolarity is strongly recommended for beginners.

## Ingredients

### Standard formulation (1 L)

3.5 g NaCl (salt)  
2.9 g Trisodium citrate dihydrate  
1.5 g KCl (NoSalt)  
20.0 g Anhydrous glucose  
27.9 g Total

### Low-osmolarity formulation (1 L)

2.6 g NaCl (salt)  
2.9 g Trisodium citrate dihydrate  
1.5 g KCl (NoSalt)  
13.5 g Anhydrous glucose  
20.5 g Total

## Steps

**Prepare** Dissolve all ingredients in 1/2 cup hot water. Then add cold water to fill to 1 Liter.

## Notes

**Substitutions** I purchase *sodium citrate* (for trisodium citrate dihydrate) and *dextrose* instead of glucose.