How much salt you lose, and how to put it back

Stick it on the fridge. Typical numbers, not a prescription.

WHAT YOU LOSE

SWEATY HOUR

~1,000mg

sodium on average. Two hard hours is close to a teaspoon of salt.

FIRST WEEK OF KETO

More

Low carbs make your kidneys let more sodium go. Guides suggest extra salt while you adjust.

FASTING

More

Same as keto. Many people add salt to their water on longer fasts.

THE 500 RULE

Under 500mg
sodium per litre: acts much like plain water.

900–1,400mg
sodium per litre: the range the research supports.

CHECK ANY LABEL IN 30 SECONDS

1. **Sodium per serve.** Then divide by the water it says to add.
2. **Sugar per serve.** Several grams? Skip it if you're fasting or on keto.
3. **Mineral form.** Look for citrate. Magnesium oxide barely dissolves.

ONE RAWSTONE SERVE

1000mg	250mg	75mg	0g	750ml
sodium	potassium citrate	magnesium citrate	sugar	water = ~1,330mg/L

General education, not medical advice. One serve a day.