Salt-water Solution

Start with16 oz of water - Total for concentrate

Add 1 Tablespoon of Nu-Salt (Potassium Chloride)

Add 2 Tablespoons of salt (Sodium)

Add ¼ to 1 teaspoon of Magnesium Glycinate Powder (start with small amount and work up to higher amount due to the taste)

Add ½ cup lemon juice or lime

Optional: add sweetener to taste such as Allulose or Stevia

Add ¼ cup of the above concentrate to 32 oz of water to drink