

# Homemade Electrolyte Shot

A quick, natural electrolyte shot made with real ingredients — no sugar, no additives, just pure replenishment.

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## INGREDIENTS

25 ml lemon juice

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10 ml amla juice

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10 ml orange juice (optional, for taste)

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15-20 ml water

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1/6 tsp pink Himalayan salt

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1/2 tsp fresh ginger juice

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Pinch of turmeric + black pepper

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## METHOD

- 1 Add all ingredients to a small jar or glass.
- 2 Mix or shake well until combined.
- 3 Store in the fridge for up to 2-3 days.

PREP TIME 2 minutes	SERVES 1 shot	STORAGE Fridge, up to 2-3 days
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## WHY IT WORKS

## What's in It for You

- **Lemon juice** — rich in Vitamin C and potassium, a natural electrolyte source

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- **Amla juice** — one of the highest natural sources of Vitamin C, supports immunity and energy

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- **Pink Himalayan salt** — provides sodium, chloride, and trace minerals essential for hydration

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- **Ginger juice** — anti-inflammatory, aids digestion and reduces nausea

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- **Turmeric + black pepper** — powerful anti-inflammatory combination; pepper boosts turmeric absorption significantly

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- **Orange juice** — adds natural potassium and a touch of flavour without refined sugar

*Add this shot to water, carbonated water, coconut water, or any other drink of your choice. You can also freeze it into ice cubes and just add 1-2 daily into your drink of choice!*