

See [https://dcblack.github.io/FabulousFasters/Resources/How\\_to\\_make\\_LMNT\\_drink\\_electrolyte\\_mix\\_at\\_home.html](https://dcblack.github.io/FabulousFasters/Resources/How_to_make_LMNT_drink_electrolyte_mix_at_home.html)

Ingredient name	Chemical	Serving	Product name	Amazon	Serving2	Bag	Price	Servings	\$/serving	Flavor	Notes
Potassium Chloride	KCl	0.200 g	Alpha Chemicals KCl 5lbs	<a href="https://a.co/d/eaQ1SQM">https://a.co/d/eaQ1SQM</a>		2,267.960 g	\$ 22.99	11,339.80	0.002027373		
Magnesium malate	C <sub>4</sub> H <sub>4</sub> MgO <sub>5</sub>	0.060 g	BulkSupplements 1kg	<a href="https://a.co/d/3NXJpxZ">https://a.co/d/3NXJpxZ</a>	0.15 tsp	1,000.000 g	\$ 40.97	2,666.67	0.01536375		
Sodium Chloride	NaCl	1.000 g	Redmond Real Salt 10 lbs	<a href="https://a.co/d/f6TI4wW">https://a.co/d/f6TI4wW</a>	0.2 tsp	4,535.920 g	\$ 50.99	4,535.92	0.01124138		
									\$ 0.03	Raw LMNT	
Citric Acid Powder	C <sub>6</sub> H <sub>8</sub> O <sub>7</sub>	1.000 g	BulkSupplements 1 kg	<a href="https://a.co/d/6WGIsEU">https://a.co/d/6WGIsEU</a>	1 g	1,000.000 g	\$ 18.87	1,000.00	0.01887	Citrus	
									\$ 0.05	Citrus salt	
									\$ 0.07	Citrus LMNT	
Ascorbic Acid Powder		1.100 g	Now Vitamin C Crystals 1 lb	<a href="https://a.co/d/fA0KQJB">https://a.co/d/fA0KQJB</a>	0.25 tsp	454.300 g	\$ 16.90	413.00	0.040920097	Vit. C	
									\$ 0.07	Vit. C salt	
									\$ 0.09	Vit. C LMNT	
Pure Stevia Powder			Stevia Extract 18 oz	<a href="https://a.co/d/hh4yR7I">https://a.co/d/hh4yR7I</a>	1 scoop	510.291 g	\$ 29.95	1,418.00	0.021121298	Sweetner	Add if needed

RAW UNFLAVORED

Nutrition Facts

30 servings per container

Serving size 1 stick pack (3.5g)

Amount Per Serving

Calories 0

% Daily Value\*

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 1000mg

Total Carbohydrate 0g

Dietary Fiber 0g

Total Sugars 0g

Includes 0g Added Sugars

Protein 0g

Vitamin D 0mcg

Calcium 0mg

Iron 0mg

Potassium 200mg

Magnesium 60mg

INGREDIENTS:

Salt (Sodium Chloride)

Magnesium Malate

Potassium Chloride

1,000 mg

SODIUM

200 mg

POTASSIUM

60 mg

MAGNESIUM

CITRUS SALT

Nutrition Facts

30 servings per container

Serving size 1 stick pack (6g)

Amount Per Serving

Calories 10

% Daily Value\*

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 1000mg

Total Carbohydrate 2g

Dietary Fiber 0g

Total Sugars 0g

Includes 0g Added Sugars

Protein 0g

Vitamin D 0mcg

Calcium 0mg

Iron 0mg

Potassium 200mg

Magnesium 60mg

INGREDIENTS:

Salt (Sodium Chloride)

Citric Acid

Magnesium Malate

Potassium Chloride

Natural Lemon & Lime Flavors

Stevia Leaf Extract

1,000 mg

SODIUM

200 mg

POTASSIUM

60 mg

MAGNESIUM

GRAPEFRUIT SALT

Nutrition Facts

30 servings per container

Serving size 1 stick pack (6g)

Amount Per Serving

Calories 10

% Daily Value\*

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Sodium 1000mg

Total Carbohydrate 2g

Dietary Fiber 0g

Total Sugars 0g

Includes 0g Added Sugars

Protein 0g

Vitamin D 0mcg

Calcium 0mg

Iron 0mg

Potassium 200mg

Magnesium 60mg

INGREDIENTS:

Salt (Sodium Chloride)

Citric Acid

Magnesium Malate

Potassium Chloride

Natural Grapefruit Flavor

Stevia Leaf Extract

1,000 mg

SODIUM

200 mg

POTASSIUM

60 mg

MAGNESIUM