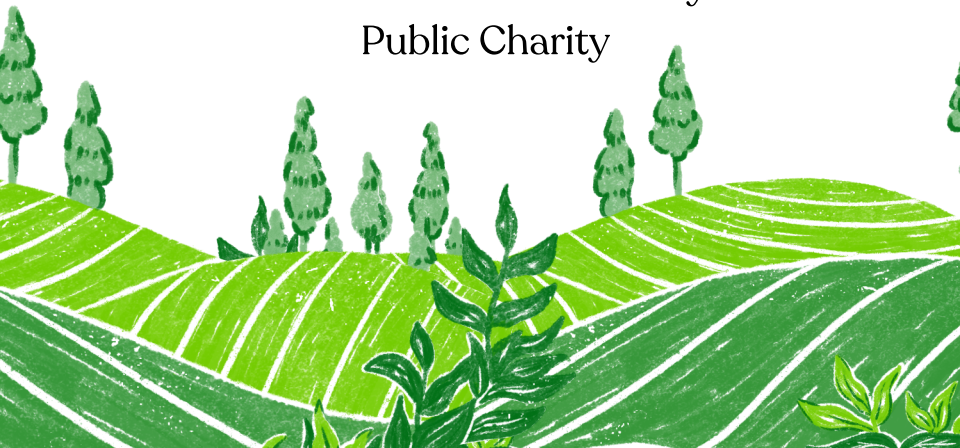


The NourishED Kids Center



Feed. Educate. Connect.
A Florida Farm to Florida Daycare
Public Charity



MAKE YOUR OWN HYDRATION DRINK

What are electrolytes?

Electrolytes are minerals that carry an electrical charge when mixed with water. These charged minerals help regulate the movement of water and nutrients **into and out of cells**, supporting proper hydration and healthy cellular function. Electrolytes are essential for many important processes in the body, including fluid balance, nerve signaling, and muscle function.

Electrolytes:

Sodium, Potassium, Calcium, and Magnesium



Prodigy Punch



Signature Electrolyte Drink Recipe

Ingredients:

- 1 cup unsweetened coconut water
- ½ cup organic cherry juice (fresh blended cherries or unsweetened tart cherry juice)
- Juice of 1 fresh orange
- 1 cup filtered water
- Pinch to ⅛ tsp sea salt

Serving Size: 8 oz

Servings Per Recipe: 3

% Daily Value per serving

Calories: 35

Total Fat :0 g 0%

Sodium: 110 mg 5%

Total Carbohydrate: 8 g 3%

Total Sugars: 7 g –

Added Sugars: 0 g 0%

Protein: 1 g 2%

Potassium: 275 mg 6%

Calcium: 20 mg 2%

Magnesium: 12 mg 3%

Vitamin C: 28 mg 30%

**TRY AS A
POPSICLE !**

NourishEDKidsCenter.com

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