

# Beat Keto-Flu with Homemade Electrolyte Drink

Hands-on 5 minutes Overall 5 minutes

**Nutritional values (per cup):** Total carbs: 1.7 g, Fiber: 0.1 g, **Net carbs: 1.7 g**, Protein: 0.1 g,  
Fat: 0 g, Calories: 6 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes ~ 6 cups)

- 5 cups water *or* herbal tea of choice (~ 1.2 l)
- 1/2 cup lemon *or* lime juice (120 ml/ 4 fl oz)
- 1/2 tsp [potassium chloride](#) (*see Tips below for alternatives*)
- 1/4 tsp salt (I like [pink Himalayan](#)) - *1/8 tsp if too salty*
- 2 tbsp [Natural Calm](#) magnesium supplement (12 g/ 0.4 oz)
- 1/4 cup [powdered Erythritol](#) *or* [Swerve](#) (40 g/ 1.4 oz) - *I used [Sukrin Icing](#)*
- Optional:* 20-30 drops [liquid Stevia](#) or to taste

## Tips:

Drink with meals (not on an empty stomach). Start with a cup per day and increase to no more than 2 cups per day to avoid stomach discomfort.

Instead of [potassium chloride](#), you can use [lite salt](#) or [cream of tartar](#). To read more about potassium supplements, read this post: [The Importance of Potassium in Low-Carb Diets](#).

You can use coconut water instead of water for extra electrolyte boost, especially potassium and sodium. The downside is that coconut water may be too high in carbs for some people. There are about 6 grams of net carbs, 600 mg potassium, 252 g sodium and 60 mg magnesium per cup of coconut water.

Instead of [Erythritol](#), can use other healthy [low-carb sweetener from this list\\*](#)

## Instructions

- Juice the lemons or limes (or a combination of both).
- Place everything in a jug and stir until well combined and no crystals appear on the bottom.
- Add some ice cubes if needed and enjoy! If you suffer from keto-flu symptoms, have 2-3 cups per day with meals (3 cups only if you are physically active and have no stomach discomfort) and also add more sodium to your diet (try [Homemade Bone Broth](#)). Store in

the fridge for 3-4 days.

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