Top Recommendation: Homemade Electrolyte Drink (Natural "Sports Drink")

Recipe (makes ~1 liter / 34 oz — easy to scale and prep nightly)

- **750 ml (3 cups) cold water** (or filtered)
- **250 ml (1 cup) coconut water** — excellent natural source of potassium + magnesium
- **1/4 teaspoon sea salt or Himalayan pink salt** (provides sodium — crucial for sweat loss)
- **Juice of 1 lemon + 1 lime** (vitamin C, flavor, potassium)
- **1–2 tablespoons honey or maple syrup** (optional — for quick carbs/energy; use less if you want low sugar)
- **Optional add-ins**:
    - Pinch of magnesium powder (if you have it, ~100–200mg)
    - Fresh mint leaves or cucumber slices for taste

Instructions:

1. Mix everything in a large bottle or jar.
2. Shake well. Taste and adjust salt/lemon to your preference (should taste lightly salty-sweet).
3. Keep refrigerated. Make a big batch every night for the next day.

How to use at work:

- Drink 400–600 ml per hour (sip steadily, don't chug).
- Alternate with plain water if it feels too strong.
- Aim for **3–5 liters total fluid** across your 10-hour shift (adjust based on heat/sweat).

Why This is the Best Homemade Option

- Replaces sweat losses effectively (sodium + potassium balance).
- Coconut water + citrus = natural electrolytes without artificial stuff.
- Cheap, tasty, and truly homemade.
- Won't interfere with your post-work creatine (you can still take your usual creatine + water at home).

Other Good Homemade Alternatives

- **Simple Lemon Salt Water**: Water + lemon juice + 1/4 tsp salt + honey. (Basic but effective.)
- **Orange-Potassium Boost**: Water + fresh orange juice + salt + pinch of NoSalt (potassium chloride) if you have it.
- **Plain Infused Water** (weaker option): Cucumber, lemon, mint, ginger in water.