

# Electrolyte Quick Guide for Intermittent Fasting

## Why Electrolytes Matter:

During intermittent fasting, insulin levels drop and your body flushes water and sodium. This depletes key minerals your body needs to function properly. Replacing electrolytes prevents fatigue, headaches, dizziness, brain fog, and muscle cramps.

## Top 3 Electrolytes You Need:

1. Sodium: Supports blood pressure, energy, and nerve function. Add a pinch of sea salt to your water during fasting.
2. Potassium: Helps muscle contraction, hydration, and heart rhythm. Use Lite Salt or potassium drops (no sweeteners).
3. Magnesium: Supports relaxation, sleep quality, and stress balance. Best forms: Magnesium Glycinate or Magnesium Taurate.

## Homemade Electrolyte Drink:

- 1 liter water
- 1/4 teaspoon sea salt
- Optional: squeeze of lemon

For fasts longer than 18 hours, add: 1/8 teaspoon Lite Salt (potassium chloride).

## Signs You Need More Electrolytes:

Headache, fatigue, cramping, dizziness, irritability, or poor sleep.

## What to Avoid:

Sugary electrolyte drinks, artificial sweeteners, and dry fasting (no water).

Tip: Sip electrolytes slowly throughout your fasting window for best results.