

Measuring the ingredients for potassium-free oral rehydration salts

This table helps you to measure the right amount of ingredients each day to make 1 litre of potassium-free oral rehydration salts. You can tick off each spoonful as you have measured it.

Ingredient	How to measure	Tick when measured	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Glucose powder	6 x level 5ml spoonfuls	1							
		2							
		3							
		4							
		5							
		6							
Sodium bicarbonate	1 x heaped 2.5ml spoonful	1							
Table salt	1 x level 5ml spoonful	1							