

Characteristics of selected oral rehydration solutions

Product	Na mEq/L	K mEq/L	Cl mEq/L	Citrate mEq/L	kcal/L	CHO g/L	mOsm
Equalyte	78m	22	68	1900 mg	100	25	305
CeraLyte 70	70	20	98	30	165	40	235
CeraLyte 90	90	20	98	30	165	40	260
Pedialyte	45	20	35	30	100	20	300
Rehydralyte	74	19	64	30	100	25	305
Gatorade	20	3	N/A	N/A	210	45	330
WHO*	90	20	80	30	80	20	200
Washington University**	105	0	100	10	85	20	250

***WHO (World Health Organization) formula:** Mix 3/4 tsp sodium chloride, 1/2 tsp sodium citrate, 1/4 tsp potassium chloride, and 4 tsp glucose (dextrose) in 1 liter (4 1/4 cups) of distilled water.

****Washington University formula:** Mix 3/4 tsp sodium chloride, 1/2 tsp sodium citrate, and 3 tbs + 1 tsp Polycose powder in 1 liter (4 1/4 cups) of distilled water.

Mix formulas with sugar-free flavorings to increase palatability.