

# The Best Electrolyte Powders to Keep You Hydrated in 2024

Electrolytes are necessary for top-notch hydration. We talked to sports nutrition experts to find the best electrolyte powders for every situation.

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Photo by Taylor Rojek

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Staying properly hydrated is paramount for maintaining optimal health and performance, especially during rigorous training sessions or while working outside on a hot summer's day. While water is great for replenishing lost fluids, it fails to restore the essential electrolytes that our bodies require to function properly. Electrolyte powder supplements are a convenient and effective solution to combat dehydration and replenish vital minerals.

With an abundance of options flooding the market, discerning which electrolyte powder will work best for you can feel overwhelming. We talked to three sports nutrition experts with a wealth of experience in finding the right supplements for a wide variety of use cases:

- **Jordan Mazur, RD**, director of nutrition for the San Francisco 49ers
- **Sarah Wenig, RDN**, founder of New York Nutrition, LLC, and sports dietitian who has worked with teams and players in the NFL, NBA, WNBA and NHL
- **Jaclyn Sklaver, MS, CNS, LDN**, founder of Athleats Nutrition and former NBA nutritionist

I also leveraged my experience as a NASM-certified Sports Nutrition Coach and Personal Trainer with a degree in Biochemistry to recommend the electrolyte powders that I like best and that are most useful for different situations.

In this article, we analyze the top electrolyte formulas of 2024 that stand out for their superior rehydration capabilities, seamless solubility and remarkable

taste, ensuring you are able to stay at the top of your game, both mentally and physically.

## Our Picks for the Best Electrolyte Powders of 2024:

- Best-Tasting Electrolyte Powder: [Liquid I.V. Hydration Multiplier](#)
- Best Electrolyte Powder for Athletes: [Bubs Hydrate or Die](#)
- Best Budget Electrolyte Powder: [Transparent Labs Hydrate](#)
- Best Electrolyte Powder for Energy: [Gnarly Nutrition Hydrate](#)
- Best Intra-Workout Electrolyte Powder: [Skratch Labs Hydration Mix](#)
- Best Electrolyte Powder Packets: [SOS Daily Hydration Sticks](#)
- Best Zero-Sugar Electrolyte Powder: [Drink Superieur Electrolytes](#)
- Best High-Sodium Electrolyte Powder: [LMNT](#)
- Best Keto-Friendly Electrolyte Powder: [SaltStick Electrolyte Drink Mix](#)
- Best Third-Party Tested Electrolyte Powder: [Thorne Catalyte](#)
- Best Dissolvable Electrolytes: [Nuun Sport](#)

## Best-Tasting Electrolyte Powder: Liquid I.V.



Taylor Rojek

### Key features and specs:

- **Electrolytes:** 500 milligrams sodium, 370 milligrams potassium
- **Nutrition facts:** 45 calories, 11 grams of carbohydrates from added sugars
- **Sweeteners:** Pure cane sugar, stevia leaf extract
- **Flavors:** Lemon Lime, Strawberry Lemonade, Seaberry, Tropical Punch, Piña Colada, Concord Grape, Golden Cherry, Acai Berry, Guava, Passion Fruit, Strawberry, Watermelon
- **Certifications:** Gluten-free, soy-free, dairy-free, non-GMO
- **Subscription:** Monthly subscription, 23% savings



- **Price per serving:** \$1.56

Liquid I.V. is hands-down one of the most popular and easily accessible electrolyte powders on the market. Originally marketed as a hangover cure after a fun night out, these travel-friendly, single-serving packets were an instant hit after parties or any social gatherings.

That being said, athletes and fitness enthusiasts alike quickly saw Liquid I.V.'s potential as a performance-enhancing sports supplement. The combination of easily digestible carbohydrates, mineral electrolytes and essential vitamins make this product a fantastic option for pre-workout or intra-workout hydration.

This product does contain 11 grams of added sugars, which can be helpful for hydration, Sklaver says. "Carbohydrates help facilitate the electrolytes to be absorbed in your body," she says. However, this may not be ideal for some people who are on a strict weight loss program.

In addition to the ingredients list, a major reason for Liquid I.V.'s rapid rise to success is the variety of delicious flavor options available. Ranking as one of the best-tasting electrolyte powders from our internal taste-testing notes, our office agreed that the Lemon Lime, Strawberry Lemonade and Seaberry flavors are the way to go. "Loved it! Super refreshing. I like to dilute it a little more so it's not as sweet," one tester wrote of the Lemon Lime flavor. "I don't know what a Seaberry is, but I really like this flavor," another wrote. "I usually hate stuff that has stevia in it, but I genuinely can't taste it here. It just tastes like a nice little sports drink that's not overly sweet or cloying. It's great."

Check out our [Liquid I.V. review](#) for more information about this supplement.

### What we like:

- Convenient, travel-friendly single-serving packets
- Includes vitamin C and four of the B vitamins
- Artificial-ingredient-free
- Widely available—customers can buy online and at huge retailers like Walmart, Target and Costco

### What to consider:

- May not be suitable for individuals with weight loss goals
- Only sodium and potassium are included in this formula
- Only sold in individual packets

**Purchase Liquid I.V.**

**Best Electrolyte Powder for Athletes: BUBS Hydrate or Die**



Taylor Rojek

## Key features and specs:

- **Electrolytes:** 1,030 milligrams chloride, 670 milligrams sodium, 243 milligrams potassium, 62 milligrams magnesium, 5 milligrams calcium
- **Nutrition facts:** 40 calories, 10 grams of carbohydrates
- **Sweeteners:** Stevia
- **Flavors:** Lemon, Orange, Organic Coconut
- **Certifications:** NSF Certified for Sport, GMO-free, gluten-free, soy-free
- **Subscription:** Monthly subscription, 15% savings
- **Price per serving:** \$1.89

BUBS Hydrate or Die is our top choice for the best electrolyte powder for athletes. Not only is this product NSF Certified for Sport, meaning it's completely free from banned substances, but it's also made with all-natural ingredients. The sodium and chloride electrolytes are from Himalayan salt, while potassium, additional chloride and the 10 grams of carbohydrates come from organic evaporated coconut water. BUBS even includes a natural source of magnesium, sourced from ocean plankton, to round out its formula. These natural ingredients combine to provide you 2,000 milligrams of key electrolytes per serving, making this a phenomenal product for athletes that sweat a lot during training and need to be hydrated properly for optimal performance.

Our testers were pretty split on BUBS' flavor. The coconut in particular was polarizing—testers either loved it or hated it, with no in between. For the most part, people who liked coconut water scored it high. “Very subtle flavor, almost unflavored. Almost like a very mild coconut water. Loved it!” wrote one tester. “Tasted just like coconut water. I think you either like or dislike coconut water, and I happen to like it,” wrote another. On the other hand, the coconut water haters also had thoughts. “Put this in my bottle for a long endurance ride; what a mistake. I tried to suffer through the god-awful flavor but after two and a half hours, it had to go. I tossed it out of my bottle crossing my fingers that I wouldn't bonk later in the day,” one wrote.

Testers had more consensus on the Lemon and Orange varieties– they agreed they’re lightly flavored and fairly salty. “Not much lemon taste but it was salty so I liked it,” wrote one about the Lemon.

### **What we like:**

- 2,000 milligrams of electrolytes per serving
- NSF Certified for Sport
- Artificial-ingredient-free

### **What to consider:**

- Contains tree nuts (coconut)

**[Purchase Bubs Naturals Hydrate or Die](#)**

**[Best Budget Electrolyte Powder: Transparent Labs Hydrate](#)**





Taylor Rojek

## Key features and specs:

- **Electrolytes:** 500 milligrams sodium, 250 milligrams potassium, 84 milligrams calcium, 50 milligrams magnesium
- **Nutrition facts:** 0 calories, 0 grams of carbohydrates
- **Sweeteners:** Stevia extract
- **Flavors:** Peach Mango, Tropical Punch
- **Certifications:** Informed Choice certified, gluten-free, non-GMO
- **Subscription:** Monthly subscription, 10% savings
- **Price per serving:** \$0.75

[Transparent Labs](#) (TL) has built its brand around offering quality supplements that include clinically effective doses of performance-enhancing ingredients. In addition to its clear and specific labeling and artificial-ingredient-free formulas, TL has also recently become [Informed Choice](#) certified. This is a voluntary quality assurance program that helps companies ensure their products are banned substance free.

TL's Hydrate electrolyte supplement contains an effective ratio of four key electrolytes, in addition to three active ingredients, including taurine, organic freeze-dried coconut water powder and SenActiv (a trademarked ingredient made from *Rosa roxburghii* and *Panax notoginseng* extracts, which aims to speed up muscle recovery).

We also like that Transparent Labs is a brand that offers budget-conscious pricing. A 40-serving tub of Transparent Labs Hydrate is priced at only \$29.99. This equates to less than \$1.00 per serving—\$0.75 to be exact. So, if you're looking for a product that tastes great; is free from artificial sweeteners, flavors and colors; and is very economical, then Transparent Labs Hydrate may be the best choice for you.

Testers enjoyed the Peach Mango flavor, and noted it would be best for people who like their electrolyte beverages to be quite sweet. "This is almost too syrupy, but isn't. It has a really good taste—this is the best one out of the four [electrolyte drinks](#) I tried," one said. "I like a sweet drink, and this powder is pretty sweet. It tasted more like juice than anything else," another wrote.

Another mentioned that she would like it to be slightly saltier to balance the sweetness.

### **What we like:**

- Informed Choice certified
- Budget-friendly price point
- Artificial-ingredient-free

### **What to consider:**

- Contains tree nuts (coconut)
- Only two flavor options available

**Purchase Transparent Labs Hydrate**

**Best Electrolyte Powder for Energy: Gnarly Nutrition Hydrate**



Taylor Rojek

## Key features and specs:

- **Electrolytes:** 250 milligrams sodium, 135 milligrams chloride, 100 milligrams potassium, 100 milligrams calcium, 80 milligrams magnesium
- **Nutrition facts:** 30 calories, 7 grams of carbohydrates (4 grams added sugars, 1 gram dietary fiber)
- **Sweeteners:** Organic evaporated cane sugar, stevia leaf extract
- **Flavors:** Orange Pineapple, Raspberry, Ruby Red Grapefruit
- **Certifications:** Gluten-free, soy-free, dairy-free, nut-free, NSF Certified, NSF Certified for Sport (Orange Pineapple only)
- **Subscription:** Monthly subscription, 10% savings
- **Price per serving:** \$0.69 for 40 serving bag, \$1.50 for individual sticks

Gnarly Nutrition Hydrate was formulated to not only replace the fluid and electrolytes you lose through sweat, but also provide you with some energy to help you power through your workout. This is because, in addition to the sodium, chloride, potassium, calcium and magnesium, the Gnarly Hydrate formula also includes seven grams of carbohydrates and a handful of B vitamins that are necessary for [energy metabolism and cell repair](#).

Hydrate is available in three delicious flavors which are all NSF Certified; however, note that only the Orange Pineapple flavor is NSF Certified for Sport, meaning it is tested for over 270 banned substances to ensure athletes who compete at the collegiate or professional level are protected against contaminated products.

Users praise how natural Gnarly's flavors taste. "This is sweet, but in a natural way. It doesn't taste like some crazy sweet Starbucks drink," one says of the Orange Pineapple flavor. Another raves about the Ruby Red Grapefruit: "I love this one. It's really authentic to the flavor of actual grapefruit, and is a great balance of sweet and a liiiiittle tart. Salt doesn't come through super strong on this one, it's mostly just grapefruit flavor." However, multiple testers note that this powder doesn't mix perfectly—no matter how hard they stir, there's still some sediment left at the bottom.

### **What we like:**

- Contains five electrolytes, four B vitamins and folic acid

- Available in a 40-serving bag or travel friendly, single-serving packets
- NSF certified
- Budget-friendly price point

### What to consider:

- Only the Orange Pineapple flavor is NSF Certified Safe for Sport

**Purchase Gnarly Nutrition Hydrate**

## **Best Intra-Workout Electrolyte Powder: Skratch Labs Hydration Mix**



Taylor Rojek



## Key features and specs:

- **Electrolytes:** 380 milligrams sodium, 44 milligrams calcium, 39 milligrams magnesium, 38 milligrams potassium
- **Nutrition facts:** 80 calories, 20 grams carbohydrates (19 grams added sugars)
- **Sweeteners:** Cane sugar
- **Flavors:** Lemon Lime, Strawberry Lemonade, Raspberry Limeade, Fruit Punch, Orange, Pineapple
- **Certifications:** Non-GMO, gluten-free, dairy-free, vegan, kosher
- **Subscription:** N/A
- **Price per serving:** \$0.92 for 60-serving bag, \$1.10 for 20-serving bag, \$1.80 for individual sticks

For athletes and gym-goers whose training consistently lasts over an hour, the use of an intra-workout electrolyte powder containing carbohydrates can seriously reinvigorate the back half of your workout. This is because individuals performing high-intensity exercise can deplete the body's muscle glycogen, or energy stores, within 30-60 minutes. That being said, if you consume some fast-digesting carbohydrates in the middle of your workout, such as the cane sugar in Skratch Labs Hydration Mix, it can help to increase your endurance capacity. In addition, the four electrolytes in Skratch Labs—sodium, calcium, magnesium and potassium—will help you to stay hydrated throughout your training session.

If you're interested in trying this product out for yourself, you will be happy to know it's completely artificial ingredient free, made with real fruit and available



in six flavors. Skratch Labs even offers a caffeinated Raspberry Limeade flavor for those looking for an added boost from their electrolyte powder.

It's also worth noting that this is the only electrolyte powder on this list that's only sweetened with plain ol' sugar—no stevia, sucralose or sugar alcohols here. This is a huge benefit for people who don't like the taste of those sweeteners, or who can't tolerate them during exercise.

It also got some of the highest marks for flavor in our test. "This is the GOAT of all electrolyte powders," wrote one tester, who drank this mix over multiple years as a competitive endurance mountain biker. "The Lemon Lime flavor tastes natural and lightly sweet, but not too overpowering—like you squeezed a lemon into your bottle and mixed in some sugar. Plus, it's the only thing my stomach handles during long workouts (2+ hours)."

"This tasted *really* good—I was surprised," wrote another. "It was not too sweet nor too salty. It still tasted like water, but with a great flavor," another said of the Orange flavor.

### **What we like:**

- Skratch Labs offers a loyalty rewards program
- Made with real fruit
- Artificial-ingredient-free

### **What to consider:**

- May not be suitable for individuals on a weight loss program
- Raspberry Limeade flavor contains 50 milligrams of caffeine from natural coffee berry

**Purchase Skratch Labs Hydration Mix**

## **Best Electrolyte Powder Packets: SOS Daily Hydration Sticks**



Taylor Rojek

### **Key features and specs:**

- **Electrolytes:** 330 milligrams sodium, 490 milligrams chloride, 190 milligrams potassium, 35 milligrams magnesium, 3 milligrams zinc

- **Nutrition facts:** 15 calories, 4 grams carbohydrates (3 grams added sugars)
- **Sweeteners:** Sugar, stevia extract
- **Flavors:** Rainbow Sherbert, Guava, Lemon, Watermelon, Mango, Mixed Berry
- **Certifications:** Non-GMO
- **Subscription:** Monthly subscription, 15% savings
- **Price per serving:** \$1.50 for eight-count box, \$1.00 for 125-count box

Sklaver recommends SOS as one of her top electrolyte powders, both for its electrolyte profile and its taste. “You can get in 300 milligrams of sodium in eight ounces of water rather than having to do 16,” she says. “I just feel like it tastes good and I like the electrolyte balance of it.”

The brand’s vitamin-enhanced Daily Hydration Sticks include three additional electrolytes (chloride, magnesium, zinc), as well as vitamin D, vitamin C, vitamin B6, folate and vitamin B12. This ingredients list makes this a very well-rounded supplement.

Our reviewers appreciated that this supplement is sold both in tubs and in single-serving packets, and noted that the powder mixed easily with the recommended amount of water.

Our testers tried the Mixed Berry, Mango, Watermelon and Rainbow Sherbet flavors, with the Watermelon and Mixed Berry getting the highest marks. “It’s subtle and not overly sweet. The blueberry flavor is right on, in my opinion. It’s

definitely salty, but it doesn't hit you in the face with it. It mostly just balances the sweetness,” one tester wrote of the flavor. “It reminded me of Crystal Light, which is a good thing,” another wrote.

“It was the perfect mix,” another wrote of the Watermelon flavor. “I drank it morning and night on a canoe trip over the weekend while I was drinking beer. Definitely kept me hydrated and helped with my hangover the next day.”

### **What we like:**

- Includes added nutrients including vitamin D, vitamin C, vitamin B6, folate, vitamin B12 and zinc
- Six unique flavors to choose from
- Artificial ingredient free
- Available in single-serving packets as well as 31 serving tubs

### **What to consider:**

- Several testers mentioned that they thought this powder tasted artificial

**Purchase SOS Daily Hydration Sticks**

**Best Zero-Sugar Electrolyte Powder: Drink Superieur Electrolytes**



Taylor Rojek

## Key features and specs:

- **Electrolytes:** 160 milligrams potassium, 35 milligrams calcium, 10 milligrams sodium
- **Nutrition facts:** 10 calories, 2 grams carbohydrates, 0 grams sugar
- **Sweeteners:** Stevia leaf extract, organic rice syrup solids
- **Flavors:** Red Raspberry, Lime Blueberry, Citrus, Watermelon, Concord Grape
- **Certifications:** Gluten-free, vegan
- **Subscription:** N/A
- **Price per serving:** \$0.41

Registered dietitian nutritionist Sarah Wenig recommends Drink Superieur Electrolytes as one of her favorite powders. “It’s *really* good,” she says. “It has pink Himalayan sea salt, with no artificial ingredients. It also has vitamin C in it, and some calcium and potassium. So you’re getting sodium, chloride and potassium. They also add trace sea minerals, which can have a lot of health benefits and include other nutrients that are outside of electrolytes.”

The powder is sweetened with stevia leaf extract to reduce the carbohydrate count. We’re also impressed with the value: The 70-serving container size is priced at just \$29—a phenomenal value. One thing I’d like to note is that this product is both sugar-free and only contains 10 milligrams of sodium, which makes it better suited to general hydration rather than fueling intense athletic performance.

Our testers especially liked the Red Raspberry flavor. “Very refreshing,” one wrote. “I like berry flavored drinks and this one hit the spot,” another said. “It’s the right amount of flavor. Not too sweet and not too weak.” That tester also noted that he felt that he was able to recover faster than normal after drinking Superieur electrolytes during his CrossFit workout that evening.”Of the three different powders I tested, this was by far the best: flavor and performance,” he said.

Several testers agreed that they liked that this powder was not too salty. It mixed relatively well, but a few testers noted that there were clumps left behind in their bottles.



## What we like:

- Low-calorie, sugar-free electrolyte powder
- Budget-friendly price point
- Artificial-ingredient-free

## What to consider:

- Only contains 10 milligrams of sodium

**Purchase Drink Superieur Electrolytes**

## Best High-Sodium Electrolyte Powder: LMNT



Taylor Rojek

## Key features and specs:

- **Electrolytes:** 1,000 milligrams sodium, 200 milligrams potassium, 60 milligrams magnesium
- **Nutrition facts:** 10 calories, 2 grams carbohydrates, 0 grams sugar
- **Sweeteners:** Stevia leaf extract
- **Flavors:** Citrus Salt, Watermelon Salt, Orange Salt, Raspberry Salt, Mango Chili, Chocolate Salt, Grapefruit Salt, Chocolate Caramel, Unflavored
- **Certifications:** Vegan, gluten-free
- **Subscription:** Monthly subscription, \$6.00 off
- **Price per serving:** \$1.50

LMNT came recommended by just about every expert we talked to, thanks to its high sodium content, low calorie count and positive reviews on taste.

“LMNT focuses on providing essential electrolytes like sodium, potassium and magnesium without any added sugars or fillers. This makes it a great choice for those following low-carb or ketogenic diets,” Mazur says.

Its signature formula features a whopping 1,000 milligrams of sodium, 200 milligrams of potassium and 60 milligrams of magnesium. It also keeps its supplement artificial-ingredient-free, using stevia leaf extract as a sweetener and natural flavors. Due to the sodium content of LMNT, I do think it's worth noting that this supplement is intended to be used by athletes and fitness enthusiasts who sweat a lot during training. This amount of sodium is likely unnecessary for the general user simply looking to up their hydration levels. That being said, if you think LMNT may be right for you, then I encourage you to test out the brand's wide range of truly unique flavors.

Testers agreed that the saltiness came through strong in every flavor. “LMNT is quite saltier than other electrolyte powders that I've tried,” one tester wrote. “The Citrus Salt is my favorite flavor because it seems to have the perfect balance of salty and sweet. There's no artificial aftertaste which I really love.” Another said of the Watermelon Salt, “Tasted just like watermelon. It was a little sweet for my liking, and I could definitely taste the salt.”

Testers also sampled some of the brand's more out-there flavor options. “Lemon Habanero was pleasantly sour, salty and spicy—it was fun, but I don't think I'd enjoy it in my water bottle on a long run. Chocolate Salt was truthfully just as weird as it sounds—like you added chocolate syrup and salt to your water bottle,” one tester noted. Another tester suggested that the Chocolate Salt flavor might be nice as a hot beverage to keep in your thermos on a ski day; more research on this to come in the next few months. “This one tasted a bit spicy. It's not bad but not my favorite, and it also burned my throat a bit,” one wrote about the Mango Chili flavor.

*For more information on this supplement, check out our [LMNT Electrolytes review](#).*

### **What we like:**

- Rated 4.6/5 stars with over 31,000 customer reviews on the LMNT website at the time of writing
- Hefty dose of sodium—1,000 milligrams per serving
- Seven delicious flavor options to choose from

- Artificial ingredient free

## What to consider:

- Strong salty taste
- May be too much sodium for many users
- Only sold in individual serving packets

**Purchase LMNT**

## Best Keto-Friendly Electrolyte Powder: SaltStick Electrolyte Drink Mix



## Key features and specs:

- **Electrolytes:** 430 milligrams sodium, 120 milligrams potassium, 110 milligrams chloride, 44 milligrams calcium, 22 milligrams magnesium
- **Nutrition facts:** 10 calories, 3 grams carbohydrates, 0 grams sugar
- **Sweeteners:** Stevia extract
- **Flavors:** Lemon Lime, Tart Orange, Tropical Mango
- **Certifications:** N/A
- **Subscription:** N/A
- **Price per serving:** \$0.90

SaltStick is my go-to electrolyte powder for when I'm working out multiple times per day, or when training outside in the summer heat. The reason I'm such a fan of this product in particular, is that it provides a similar ratio of mineral electrolytes to what your body actually loses through sweat. After trying countless electrolyte powders in the past, this one always seems to rehydrate me quickly and definitely enhances my training. I also love the fact that SaltStick is free from artificial ingredients and tastes great. The Tropical Mango flavor is my personal favorite.

The reason SaltStick is also our choice for the best keto-friendly electrolyte powder is because it contains only three grams of carbohydrates and 10 calories per serving. This makes it a fantastic option for individuals following a ketogenic diet plan that are looking to keep their carb intake in check.

For optimal use, SaltStick recommends mixing one packet, or one scoop, of their drink mix with 16 to 20 ounces of water. They also provide a recipe for large sports teams, saying to mix one full 40 serving tub of powder into a large five gallon container. Athletes can feel confident using SaltStick because it is Informed Sport certified banned substance free.

“The flavor is strong and ever so slightly sour, but I just really like that. It is definitely not too sweet which I also really like. I don’t want sugary-tasting drinks during or after a workout,” one tester said of the Lemon-Lime flavor, which she drank after multiple long runs. “This tasted the most similar to Gatorade out of all the powders I tried. Love this one!” said another tester about the Lemon-Lime. “Great mango flavor,” another wrote. “My legs were cramping a bit during my CrossFit workout because I did not drink enough water throughout the day, but it quickly subsided after drinking this product.”

So if you’re looking for a low-carb, keto-friendly electrolyte powder that contains all five of the key mineral electrolytes, then I definitely suggest giving this product a try. This has been a personal favorite of mine over the past year, and I would highly recommend the tropical mango flavor.

### **What we like:**

- Provides a similar ratio of electrolytes to what your body loses through sweat
- Available in single-serve stick packs and a 40-serving tub
- Informed Sport certified to be free from banned substances



## What to consider:

- No subscribe and save discount available

**Purchase SaltStick Electrolyte Drink Mix**

## **Best Third-Party-Tested Electrolyte Powder: Thorne Catalyte**



*Taylor Rojek*

## Key features and specs:

- **Electrolytes:** 485 milligrams sodium, 96 milligrams potassium, 80 milligrams calcium, 80 milligrams chloride, 40 milligrams magnesium, 5 milligrams zinc, 15 micrograms chromium



- **Nutrition facts:** 30 calories, 5 grams carbohydrates (less than 1 gram added sugars)
- **Sweeteners:** Stevia leaf extract
- **Flavors:** Lemon Lime
- **Certifications:** NSF Certified for Sport, gluten-free, dairy-free, soy-free
- **Subscription:** Monthly subscription, 10% savings
- **Price per serving:** \$0.93

Both Wenig and Mazur recommend Thorne for its focus on third-party testing. “The supplement world is like the wild west, and there are no federal regulations,” Wenig says. “For athletes, it’s incredibly important that their supplements are third-party tested, because otherwise they can contain banned substances.” Mazur agrees. “Thorne is known for its high-quality supplements and rigorous testing, which may provide peace of mind to users concerned about product purity,” he says.

The brand’s Catalyte mix is an electrolyte restoration complex that supports both endurance and recovery. This powerful formula includes seven vitamins, six mineral electrolytes and the amino acid taurine, which supports rehydration at the cellular level. “It includes D-ribose, a sugar molecule that can enhance energy production, making it an attractive choice for athletes,” Mazur says. “It’s also lower sugar,” Wenig says. Especially if you’re doing a shorter or lower-intensity workout, “It has just the right amount to give you the right energy for your workout.”

Reviewers agreed that Thorne's flavor profile was palatable, but it didn't rank quite as highly for flavor as some other electrolyte powders. "Tangy and fizzy," one tester wrote about the Lemon Lime flavor (the only one currently available for this mix). "It's not something I'd reach for on flavor alone, but if I had a big-time competition coming up and wanted to make sure I wasn't consuming anything that could contain a banned substance, I'd happily drink this," another wrote. It mixed fully with the recommended amount of water, but several testers reported a powdery aftertaste from the drink itself.

### **What we like:**

- Includes seven vitamins, six mineral electrolytes and the amino acid taurine
- NSF Certified for Sport
- Artificial ingredient-free

### **What to consider:**

- Only one flavor option available, Lemon-Lime

**Purchase Thorne Catalyte**

## **Best Dissolvable Electrolytes: Nuun Sport**



Taylor Rojek

## Key features and specs:

- **Electrolytes:** 300 milligrams sodium, 150 milligrams potassium, 40 milligrams chloride, 25 milligrams magnesium, 13 milligrams calcium
- **Nutrition facts:** 15 calories, 4 grams carbohydrates (1 gram added sugars)
- **Sweeteners:** Stevia leaf extract
- **Flavors:** Citrus Fruit, Fruit Punch, Grape, Lemon Lime, Orange, Strawberry Lemonade, Tri-Berry, Tropical, Watermelon, Cherry Limeade, Fresh Lime, Mango Orange, Wild Berry
- **Certifications:** Informed Choice third-party certified, kosher, vegan, gluten-free, non-GMO
- **Subscription:** Monthly subscription, 15% savings

- **Price per serving:** \$0.75

“Nuun electrolyte tablets are a popular choice for their balanced blend of electrolytes, including sodium, potassium, magnesium and [calcium](#),” Mazur says. We like the product’s unique format: Instead of your typical electrolyte powder, Nuun is a dissolvable tablet that’s meant to be mixed with 16 ounces of water to create a delicious sports drink. It comes in a variety of formulations, with options including Nuun Sport, Nuun Daily, Nuun Immunity, Nuun Energy and more. We chose Nuun Sport as our favorite thanks to its increased electrolyte content.

From personal testing, the tablet will take anywhere from four or five minutes to dissolve fully. However, with some vigorous shaking, the tablet fully dissolves within one to two minutes.

One thing I really loved about this product, aside from the convenience, is the fact that four of the 13 flavor options (Cherry Limeade, Fresh Lime, Mango Orange and Wild Berry) contain 40 milligrams of caffeine. This allows users to use this product as a hydrating energy boost pre-workout or even as a replacement for their morning coffee. If you’re going for the caffeinated version, my personal favorite flavor was the Cherry Limeade, but the Mango Orange was also delicious.

“I loved the flavor! It wasn’t overly sweet or artificial-tasting, and didn’t have the medicinal flavor that some cherry-flavored things sometimes have. I genuinely looked forward to drinking this before a workout,” one tester wrote.

“I've tried a lot of Nuun flavors, and all of them are tasty and super light. The tablets effervesce in water, and sometimes give your drink the slliiiiiightest hint of carbonation, which I like,” another said. Testers did report that there were frequently small pieces of the tablet left in their drink by the time they got to the bottom, but it was manageable and fixed by shaking or swirling the bottle.

### **What we like:**

- Stimulant-free and caffeinated flavor options available
- Nuun offers a customer rewards program
- Informed Choice third-party certified
- Artificial ingredient free

### **What to consider:**

- The Cherry Limeade, Fresh Lime, Mango Orange and Wild Berry flavors contain caffeine
- The tablets take time to dissolve fully

**Purchase Nuun Sport**

## **What Are Electrolytes?**

Electrolytes are a group of essential minerals that carry an electric charge and play a vital role in various physiological processes in the body, including [maintaining proper fluid balance \(hydration\), supporting muscle and nerve function and regulating blood pressure](#). The most common electrolytes in the

human body include sodium, potassium, calcium, magnesium and chloride, all of which can be depleted during intense physical activity, hot temperatures or illness. Electrolyte imbalances can lead to symptoms like [muscle cramps, dizziness, weakness and even an irregular heartbeat](#). This is why it's essential to be able to rapidly replenish your electrolyte levels and the primary reason why electrolyte powders exist.

## What Are Electrolyte Powders?

The best way to think about an electrolyte powder supplement is like a mini-I.V., designed to replenish the concentration of essential minerals within the body. While they are most commonly used by athletes and gym-goers who engage in intense physical activity and lose electrolytes through sweat, electrolyte powders are also useful for rehydration during and after illness, especially if there has been a dramatic loss of fluids through vomiting or diarrhea. These products provide a convenient and easily absorbed source of electrolytes that anyone can simply mix with water and quickly ingest. Some popular electrolyte powder supplements may also contain additional ingredients, such as carbohydrates, vitamins or [BCAAs](#), to further support hydration and energy levels.

## Benefits of Electrolyte Powders

When used correctly, electrolyte powders can help [prevent dehydration, reduce fatigue and improve athletic performance](#). However, these supplements are best utilized by athletes who train multiple times per day,



individuals who sweat profusely during training and people who work out in very hot and humid environments. In these scenarios, it is crucial to replenish the electrolytes lost through sweat in order to maintain optimal hydration, athletic performance and overall health.

## **Drawbacks of Electrolyte Powders**

Electrolyte powders are generally safe and have relatively few drawbacks, our experts agreed. But there are a few minor signs that you may be consuming too much. “If you're taking in too much sodium, you might see that your face is bloated when you wake up, or your eyes are puffy. You know, your skin is kind of retaining water,” Sklaver says. “I work with pro athletes and sometimes during a game, they just start ingesting so much. And I look at them the next day and I'm like, Oh you look like you had a lot of sodium.” In those cases, Sklaver says, she'll make a note of their consumption, and scale it down for the future.

“One feedback I've gotten from some people that are taking a lot of electrolytes is that they start to get a little like a dry mouth kind of feeling,” Sklaver says. “But to be honest, during play or during practice, I've never really had somebody feel like I'm taking in too much.”

In very rare, extreme cases of overconsumption, users may experience [hypernatremia](#)—a condition where there's a great deal more sodium than needed in the body, and not enough water. It can cause restlessness, confusion and seizures. However, the body has powerful mechanisms in place

to prevent hyponatremia from occurring—one of them being intense thirst—and it's very uncommon.

## **Who Could Benefit from Using an Electrolyte Powder**

“At some point, everybody needs electrolytes,” Sklaver says. Active people who sweat a lot, especially those who are training for endurance sports or going to the gym for more than an hour a day, likely would benefit from replacing their sodium and other electrolytes, she says. They're also important for people who have physically demanding jobs, or who work outside in hot weather.

Electrolyte powders are also beneficial for people who have very salty sweat. The problem is, everyone's sweat composition is different, and there's no formula to figure out how much sodium you may be losing, Sklaver says. The only way to tell for sure is a sweat test, where your sweat is collected and analyzed in a lab. Unfortunately, these tests are fairly uncommon outside of professional sports. But there are ways to estimate whether you lose a lot of sodium in your sweat, she says. “Do you leave any white marks on your clothes? Do you cramp often? With that info, you can kind of give people an average.” It's also completely independent of body size, she says. “Somebody could be 6'10” and 300 pounds and lose less sodium than somebody who's like 5'8” and 200 pounds.”

Men and women have slightly different electrolyte needs due to physiological differences and hormonal variations, Mazur adds. “Men generally have a

higher sweat rate and may require slightly higher amounts of electrolytes, particularly sodium, to support hydration during intense physical activity,” he says. “Women, on the other hand, may have higher calcium needs, especially during pregnancy and menopause, to support bone health.”

## **When You Should Use an Electrolyte Powder**

In most cases a well-balanced diet that’s rich in fruits, vegetables and whole grains will provide sufficient electrolytes to maintain optimal hydration levels in many cases. That being said, there are instances such as prolonged physical activity, intensely hot or humid weather or severe illness in which water alone will be ineffective at rehydrating the body. In these situations, the body can be left in a state of electrolyte imbalance in which the primary outcome is dehydration.

Your body will give you signs that it’s low on electrolytes, Sklaver says. “The number one sign that everyone knows about is cramping. Electrolytes facilitate nerve and also muscle contraction. So if you're cramping, that's a pretty good sign that you need to take in more electrolytes,” she says. Other possible signs of dehydration include [nausea, headaches, vomiting, muscle weakness, confusion and in severe cases seizures and cardiac arrest](#). You should also keep an eye on the color of your urine, Wenig adds. If your pee is really yellow, you are likely dehydrated and could benefit from the use of an electrolyte powder.

In general, if you know you are going on a long hike, performing an intense workout, or working outside in extreme conditions lasting longer than one hour, then it's best to consume electrolytes prior to or within an hour of starting your activity to prevent dehydration. This way, you are proactively replenishing your electrolytes before they are depleted and the unwanted negative side effects begin.

## **When to Avoid Using an Electrolyte Powder**

The primary reason to avoid using an electrolyte powder is if you simply don't need to use one in the first place. For example, if you are working out for less than an hour per day, don't sweat much and are not recovering from an illness, then you're likely consuming an ample amount of electrolytes through your normal diet.

People who are not very active and who are already eating a high-sodium diet generally should not supplement with extra electrolytes, Sklaver says. "They don't need them because they're getting them from their food and they're not necessarily losing them at the same rate that they're ingesting them. And that's where you get high blood pressure and things like that."

As with all of the supplements we include in our articles, we always recommend that you consult with your primary healthcare provider before adding a new dietary supplement to your routine.

## **How to Choose the Best Electrolyte Powders for You**

Here is a list of the most important factors to consider when choosing the best electrolyte powder for your personal health and fitness goals.

## Electrolyte composition

One of the primary differences you will see between different electrolyte powder supplements is the composition of electrolytes included in the formula, both the minerals chosen and their respective dosage levels. In my opinion, the best electrolyte powders include an electrolyte ratio that mimics the actual composition of sweat. That being said, everyone’s sweat is slightly different, so here is a table showing the [concentration of the major electrolytes in body sweat](#).

| Electrolyte | Sweat mmol/L |
|-------------|--------------|
| Sodium      | 20 to 80     |
| Chloride    | 20 to 60     |
| Potassium   | 4 to 8       |
| Calcium     | 0 to 1       |

|           |     |
|-----------|-----|
| Magnesium | < 2 |
|-----------|-----|

“In an electrolyte drink mix, you should always look for ingredients such as sodium, potassium, [magnesium](#) and calcium, as these are essential electrolytes lost through sweating during physical activity,” Mazur says. “The amounts of these electrolytes are important, as they need to be balanced to support proper hydration and muscle function. Generally, you should aim for around 500 to 700 milligrams of sodium, 300 to 400 milligrams of potassium, 100 to 200 milligrams of magnesium and 30 to 100 milligrams of calcium per serving in the drink mix; however, it’s important to remember that individual sweat rates are highly variable.”

## Sweeteners

Almost all of the electrolyte powders on the market come sweetened to increase their palatability and the consumer’s enjoyment of the product. “The best sweeteners for electrolyte powders are natural ones like cane sugar, honey and agave if you are looking for added sugar/carbohydrates,” Mazur says. “If you are looking for electrolytes without added sugar or calories, zero-calorie sweeteners like stevia, monk fruit extract or erythritol might be beneficial as they add sweetness without contributing to a significant increase in blood sugar levels. However, they can often lead to gastrointestinal issues for some people.”

Some electrolyte powders will also contain artificial sweeteners like acesulfame potassium, aspartame and sucralose. Consider whether choosing a product that contains either natural or artificial sweeteners is important to you.

## **Other ingredients**

Electrolyte powders may contain a range of additional ingredients, with the most common being vitamins, amino acids and carbohydrates. In certain situations, these additional ingredients may provide some added benefits such as increased energy and improved muscle recovery.

**Related Post:** [The Best Supplements for Muscle Recovery](#)

## **Allergens**

Most electrolyte powders should be allergen-free; however, they may be manufactured in a facility that also handles other products, including ones that contain common allergens such as gluten, soy, nuts and dairy. People who are allergic to tree nuts should be aware that some powders do contain coconut water as an ingredient, as well. Be sure to read the ingredients label carefully to ensure the product is suitable for your personal dietary preferences.

## **Certifications**



In order to separate themselves from their competition, many companies have sought out certifications from reputable agencies such as Informed Choice and the National Sanitation Foundation (NSF) to test and verify the purity of their supplements. These certifications are especially helpful for athletes who compete in drug-tested sports and need to ensure their supplements are free from any potential banned substances.

## **Taste and flavors**

Almost all of the electrolyte powders on our list are available in a wide array of different flavors. Consider choosing a supplement that has an ingredient profile that will meet your needs while also coming in a flavor you enjoy. From our personal testing notes, the electrolyte powders from Liquid I.V., Saltstick and Skratch Labs ranked highest in terms of taste.

## **Customer reviews**

It's always beneficial to read customer reviews regarding a supplement you are interested in purchasing. These reviews can provide valuable information about the supplement, such as the best flavors to try, how well the product worked for them and whether they had a pleasant or negative experience with the company's customer service.

## **Cost**

It's always important to find a supplement that fits within your budget. Electrolyte powders vary in cost—the ones in this story range from about \$0.40 per serving to \$3.00 per serving.

## **What to Avoid in an Electrolyte Powder**

Whenever you decide to add a supplement to your regular routine, you should always consider why you are taking the product in the first place, and avoid products that will not help you reach your goal. For example, while both Liquid I.V. and LMNT contain electrolytes, Liquid I.V. contains added sugars, and LMNT is essentially calorie-free. If you are an athlete who works out multiple times a day, then a product with added sugar may be beneficial for quickly restoring your muscle glycogen levels before your next training session. On the other hand, if you are on a weight-loss program, then you would likely want to avoid the added sugars and extra calories that come with it.

“Electrolyte powders should not include excessive amounts of added sugars or artificial sweeteners,” Mazur says. “Depending on the type of exercise, sport, or fitness goals, high sugar content can lead to rapid spikes in blood glucose levels and crashes, which may not be ideal during or after physical activity. Additionally, artificial sweeteners can cause digestive discomfort in some individuals.”

You should also avoid electrolyte powders that do not contain a good balance of electrolytes, Sklaver says. “One of the mistakes that I see people make a lot is that they're grabbing a drink that's potassium oriented,” like coconut

water or PRIME, she says. Sodium is the most important electrolyte for rehydration—if your drink is prioritizing a different electrolyte over it, it's likely not hydrating you optimally.

It's also advised to always read the ingredients label thoroughly to ensure the product aligns with your personal dietary preferences. This will help to ensure the product is free from any ingredients that you may be allergic or sensitive to, such as gluten, soy, nuts or dairy.

## **Our Methodology: How We Chose the Best Electrolyte Powder**

In order to find the best electrolyte powders on the market, we consulted with experts in the health and fitness field, including:

- **Jordan Mazur, RD**, director of nutrition for the San Francisco 49ers
- **Sarah Wenig, RDN**, founder of New York Nutrition, LLC, and sports dietitian who has worked with teams and players in the NFL, NBA, WNBA and NHL
- **Jaclyn Sklaver, MS, CNS, LDN**, founder of Athleats Nutrition and former NBA nutritionist

I also leveraged my own experience as a NASM-certified sports nutrition coach and personal trainer with a degree in biochemistry. Throughout my years as a collegiate swimmer and current CrossFit enthusiast, I have tried countless electrolyte powders to help enhance my training.

We asked each of our experts to recommend their favorite electrolyte powders. We also evaluated each supplement, considering key criteria such as the overall mineral electrolyte ingredient profiles and the individual ingredient dosage levels.

We then distributed about 100 samples of the powders to athlete testers, who tried the powders to fuel a variety of activities, including CrossFit, running, cyclocross racing and canoeing. Each tester evaluated the powders on flavor, mixability and physical effects, and provided notes on what they liked and disliked about each sample.

We also took into account the value of each supplement.

## **Electrolyte Powder FAQs**

### **When should I use electrolyte powder?**

If you are an athlete looking to improve performance, the best time to use your chosen electrolyte powder is before and during your workout. Sklaver says that she recommends her athletes pre-hydrate before a big workout or game. “When you wake up in the morning, you’re probably a little dehydrated just from your sleep process or whatever else you’ve been doing the day before you get to that workout. So, if you can, pre-hydrate about 45 minutes to an hour before going into the workout. Then, hydrate during and replace what you lost after, rather than just trying to play catch up.” This will help to

minimize the risk of dehydration since you are actively replenishing the electrolytes that are lost in sweat.

That being said, electrolyte powders are effective for more than just athletes, and it may be smart to use them when you lose fluids or feel ill. For example, when you are sweating heavily, vomiting or having diarrhea, the body loses critical vitamins and nutrients and may have difficulty keeping up. To have our body function and recover at an ideal level, it may be smart to replenish with an electrolyte powder. This includes days where you may have done a lot of physical activity or even the day after a long night out.

### **Are electrolyte powders effective for hydration?**

Yes. Electrolyte powders are designed to help your body restore healthy fluid levels in situations where you may not be able to do it as quickly or effectively as needed, such as sweating during workouts or illness. Many electrolyte supplements also include additional vitamins and nutrients to improve their overall effectiveness, providing more full-body support.

### **How do you mix electrolyte powder?**

One of the most efficient ways to mix up electrolyte powder is to use a [shaker bottle](#). This allows you to grab your beverage and go. If you want something even more thorough, you can use a handheld mixer or blender.

It's also easy to put electrolyte powders in any bottle and shake them up, or stir in a glass with a spoon.

### **Are powdered electrolytes good for you?**

Yes, especially in situations where you may not be getting electrolytes from your diet alone or losing electrolytes quickly. Using a supplement ensures that your electrolyte levels remain stable as they support key functions throughout your entire body.

### **Is it possible to get enough electrolytes through your diet?**

Yes. "I do tell people that if you're active, you want to salt your food and you want to mix that up between regular iodized salt and Himalayan pink salt to get extra minerals in," Sklaver says. She also recommends athletes consume foods that naturally have electrolytes. "Avocado has a lot of electrolytes.

Sometimes people do pretzels or pickles for sodium, maybe olives, things like that." She recommends bananas and coconut water for increased potassium.

*Prices are accurate and items in stock at time of publishing.*