



Sprinkler Pros electrolytes formula

	1 batch (30 servings)		5x (150)	element
	teaspoons	grams	grams	
sodium chloride	15	75	375	NaCl sodium chloride
potassium chloride	2	11.5	57.5	K potassium chloride
magesium malate	3	11.7	58.5	C ₄ H ₄ MgO ₅ magnesium malate
total	20	98.2	491	conversion from tsp to grams 1 tsp x 1 g/mL = 5 mL x 1 g/mL = 5 g

Ideal serving is one scoop per 16 to 24 fluid oz of water.

top electrolyte brands

homemade

	LMNT	Dr. Berg	NaCl Redmond	K MS	Mg** BulkSupplements.com		\$/batch	\$/serving
brand	LMNT	Dr. Berg	Redmond	MS	BulkSupplements.com		\$1.80	
price/batch			\$1.01	\$0.21	\$0.58			
price/serving	\$1.30	\$0.43						\$0.06
batches/container	30	100	10	43	43			
price/container	\$39.00	42.99	\$9.97	\$8.99	\$24.67			
container volume (grams)		660	737	500	500			
container volume (ozs)		23.28	26	17.6	17.6			
best source	LMNT	Dr. Berg	Amazon	Amazon	Amazon			
price/2 pack			\$19.94					
subscription price	X	X	X	X	X			scoop size
scoop size (oz)		6.6						0.123 oz
scoop size (g)								3.3 g
scoop size (t)								1 tsp
scoop size (cc) = ml								5 cc/ml

* Prices as of Nov. 2025. For comparison only

** I'm showing this element for simplicity.
The actual element is C₄H₄MgO₅

Links

- [Amazon Basics digital kitchen scale](#)
- [Redmond Ancient Fine Sea Salt](#)
- [MS Potassium Chloride](#)
- [BulkSupplements Magnesium](#)
- [Magic Bullet blender](#)
- [Magic Bullet milling blade](#)
- [Big Berkey water filter](#)
- [Takeya 24 oz water bottle](#)
- [Takeya 40 oz water bottle](#)
- [Ultima electrolyte powder](#)