

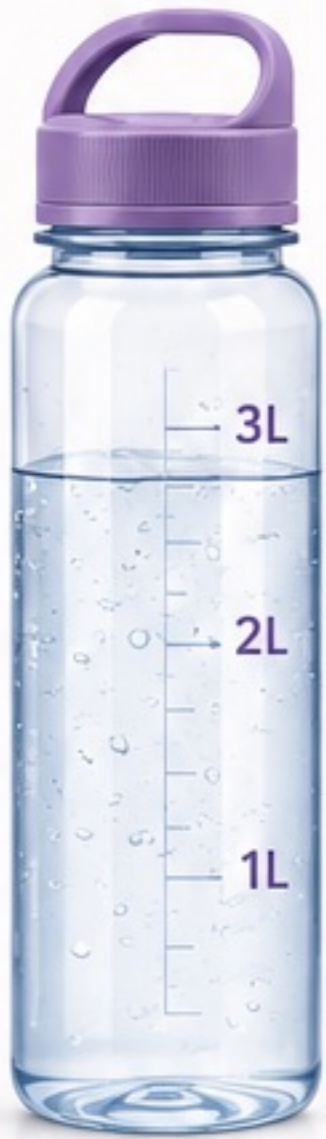


POTS Hydration & Salt Guide ♥

Proper hydration and salt intake are key to managing POTS symptoms.
This guide is a general recommendation for most patients.



HYDRATION



Goal: 2 – 3 Liters
of fluids per day

- Water is best!
- Spread fluids throughout the day.
- Increase intake during hot weather, illness, or exercise.



SALT (SODIUM)

Goal: 3,000 – 10,000 mg
of sodium per day
(as directed by your provider)

- Salt helps your body retain fluid and improves blood volume.
- Add salt to your meals and snacks.
- Electrolyte drinks can also be helpful.



SIMPLE DAILY TIPS



Sip fluids consistently all day



Don't wait until you're thirsty



Replenish more if you sweat or are active



Follow your provider's recommendations



REMEMBER

Everyone with POTS is different. Work with your healthcare provider to find the right plan for you.



Consistent hydration and salt intake can help reduce symptoms and improve your quality of life. ♥