



MEASURING CHART

Pocket Bottle Measuring guide

- To make 32 oz./1 liter, fill the entire cap
- To make 24 oz., fill the cap to the top of the inside threads
- To make 16 oz. of pure electrolyte water, fill the pointed tip of cap
- 3 capfuls = 100 oz/3-liter hydration pack



Water / beverage	elete Electrolyte Add-In	elete CitriLyte Add-In
8 ounces (250 mL)	Approx. 16 drops	Approx. 20 drops
16 oz. (500 mL)	0.25 tsp. (1.25 mL)	0.3 tsp. (1.5 mL)
24 oz. (750 mL)	0.375 tsp. (1.875 mL)	0.45 tsp. (2.25 mL)
32 oz. (1 liter)	0.5 tsp. (2.5 mL)	0.6 tsp. (3 mL)
70 oz. (2 liters)	1 tsp. (5 mL)	1.2 tsp. (6 mL)
100 oz. (3 liters)	1.5 tsp. (7.25 mL)	1.8 tsp. (9 mL)
1 gallon (4 liters)	2 tsp. (10 mL)	2.4 tsp. (12 mL)
5 gallons (20 liters)	1.7 oz. (50 mL)	2 oz. (60 mL)

(Note: More or less Add-In can be mixed to suit flavor and performance preferences)