

## ORS Formula

Here is the formula for a basic homemade sugar-salt solution, which is widely recommended as a simple alternative when WHO packets are inaccessible:

<b>Ingredient</b>	<b>Quantity</b>	<b>Purpose</b>
<b>Clean Water</b> (Boiled and Cooled)	<b>1 Liter</b> (approx. 4.2 cups)	The fluid base for rehydration.
<b>Table Sugar</b> (or Granulated Sugar)	<b>6 level teaspoons</b> (or 2 tablespoons)	Provides the glucose needed for sodium and water absorption.
<b>Table Salt</b> (Sodium Chloride)	<b>1/2 level teaspoon</b>	Provides the essential sodium electrolyte.