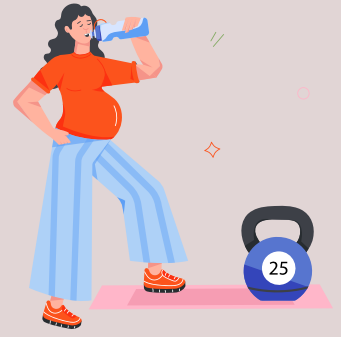


Pregnancy Hydration & Mineral Support Cheatsheet

Because drinking more water isn't always enough...

Why Hydration Matters (Especially in Pregnancy)



- Keeps nausea from getting worse (yes, really)
- Helps with fatigue, headaches, and brain fog
- Supports digestion and regularity
- Prevents swelling, especially later in pregnancy
- Builds blood volume + supports baby's development

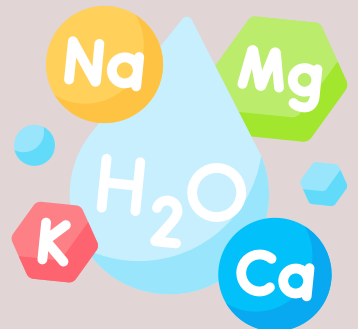
Signs You Might Need More Fluids or Minerals:



- Dry lips or skin
- Headaches or dizziness
- Constipation or sluggish digestion
- Strong-smelling or dark urine
- Nausea that's worse when you haven't eaten or drank much
- Just feeling off

Electrolytes I Actually Used + Recommend

- Earthley Electrolyte Powder: Dye-free, sugar-free, and pregnancy-safe — gentle, clean formula that supports mineral balance.
- Ultima Replenisher: My personal favorite —tastes good, has 6 key electrolytes, and no sugar or artificial ingredients.
- LMNT Packets: Very effective for dehydration or fatigue —salty but powerful. Great if you crave bold flavor or need a serious mineral boost.



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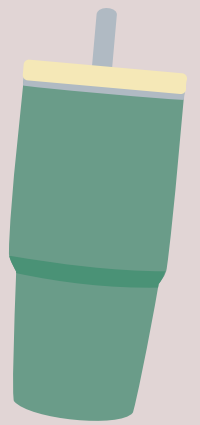
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Note: All of these options are free from dyes and artificial flavors. LMNT has the highest sodium, which some women love in pregnancy (especially in summer or with swelling). Ultima is lighter and more palatable if you're feeling queasy. Earthley is great for a cleaner, herbal support blend.

My Favorite Water Bottles (You'll Actually Reach For)

- Simple Modern 40 oz Tumbler: Fits in cup holders, keeps water icy
- Owala FreeSip 32 oz: Flip cap with straw and chug option, BPA-free and sleek



DIY Hydration Hacks



- Lemon juice + pinch of salt + honey in cold water = instant electrolyte drink
- Freeze coconut water into popsicles if you're too nauseous to drink
- Blend fruit with water + mint for a natural refresh
- Try sipping in small amounts throughout the day instead of chugging

find all of my Amazon pregnancy faves here:
[pregnancy essentials](#)

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