

SALT REPLACEMENT CHART

Based on a 10% home-made salt solution concentration of 6 grams of salt (one level teaspoon) in 60 mL sterile water (100 mg/mL salt, 1.712 mEq/mL sodium)

Based on a 23.4% pharmacy-supplied sodium chloride solution (234 mg/mL salt, 4.0 mEq/mL sodium).

One gram of salt = 17 mEq of sodium

Grams of salt per 24 hours	Milliequivalents (mEq) of sodium per 24 hours	Amount of 10% home-made salt solution per 24 hours (to be divided into multiple feeds)	Amount of 4.0 mEq/mL (23.4%) pharmacy-supplied sodium chloride solution per 24 hours (to be divided into multiple feeds)
0.5 grams	8.5 mEq	5 mL per 24 hours	2.1 mL per 24 hours
0.6 grams	10.2 mEq	6 mL per 24 hours	2.6 mL per 24 hours
0.7 grams	11.9 mEq	7 mL per 24 hours	3.0 mL per 24 hours
0.8 grams	13.6 mEq	8 mL per 24 hours	3.4 mL per 24 hours
0.9 grams	15.3 mEq	9 mL per 24 hours	3.8 mL per 24 hours
1.0 grams	17.0 mEq	10 mL per 24 hours	4.3 mL per 24 hours
1.1 grams	18.7 mEq	11 mL per 24 hours	4.7 mL per 24 hours
1.2 grams	20.4 mEq	12 mL per 24 hours	5.1 mL per 24 hours
1.3 grams	22.1 mEq	13 mL per 24 hours	5.5 mL per 24 hours
1.4 grams	23.8 mEq	14 mL per 24 hours	5.9 mL per 24 hours
1.5 grams	25.5 mEq	15 mL per 24 hours	6.4 mL per 24 hours
1.6 grams	27.2 mEq	16 mL per 24 hours	6.8 mL per 24 hours
1.7 grams	28.9 mEq	17 mL per 24 hours	7.3 mL per 24 hours
1.8 grams	30.6 mEq	18 mL per 24 hours	7.6 mL per 24 hours
1.9 grams	32.3 mEq	19 mL per 24 hours	8.1 mL per 24 hours
2.0 grams	34.0 mEq	20 mL per 24 hours	8.5 mL per 24 hours
2.1 grams	35.7 mEq	21 mL per 24 hours	8.9 mL per 24 hours
2.2 grams	37.4 mEq	22 mL per 24 hours	9.3 mL per 24 hours
2.3 grams	39.1 mEq	23 mL per 24 hours	9.8 mL per 24 hours
2.4 grams	40.8 mEq	24 mL per 24 hours	10.2 mL per 24 hours
2.5 grams	42.5 mEq	25 mL per 24 hours	10.6 mL per 24 hours
2.6 grams	44.2 mEq	26 mL per 24 hours	11.1 mL per 24 hours
2.7 grams	45.9 mEq	27 mL per 24 hours	11.5 mL per 24 hours

Salt Replacement Chart (continued)

Grams of salt per 24 hours	Milliequivalents (mEq) of sodium per 24 hours	Amount of 10% home-made salt solution per 24 hours (to be divided into multiple feeds)	Amount of 4.0 mEq/mL (23.4%) pharmacy-supplied sodium chloride solution per 24 hours (to be divided into multiple feeds)
2.8 grams	47.6 mEq	28 mL per 24 hours	11.9 mL per 24 hours
2.9 grams	49.3 mEq	29 mL per 24 hours	12.3 mL per 24 hours
3.0 grams	51.0 mEq	30 mL per 24 hours	12.8 mL per 24 hours
3.1 grams	52.7 mEq	31 mL per 24 hours	13.2 mL per 24 hours
3.2 grams	54.4 mEq	32 mL per 24 hours	13.6 mL per 24 hours
3.3 grams	56.1 mEq	33 mL per 24 hours	14.0 mL per 24 hours
3.4 grams	57.8 mEq	34 mL per 24 hours	14.4 mL per 24 hours
3.5 grams	59.5 mEq	35 mL per 24 hours	14.9 mL per 24 hours
3.6 grams	61.2 mEq	36 mL per 24 hours	15.3 mL per 24 hours
3.7 grams	62.9 mEq	37 mL per 24 hours	15.8 mL per 24 hours
3.8 grams	64.6 mEq	38 mL per 24 hours	16.1 mL per 24 hours
3.9 grams	66.3 mEq	39 mL per 24 hours	16.6 mL per 24 hours
4.0 grams	68.0 mEq	40 mL per 24 hours	17.0 mL per 24 hours
4.1 grams	69.7 mEq	41 mL per 24 hours	17.4 mL per 24 hours
4.2 grams	71.4 mEq	42 mL per 24 hours	17.9 mL per 24 hours
4.3 grams	73.1 mEq	43 mL per 24 hours	18.2 mL per 24 hours
4.4 grams	74.8 mEq	44 mL per 24 hours	18.7 mL per 24 hours
4.5 grams	76.5 mEq	45 mL per 24 hours	19.1 mL per 24 hours
4.6 grams	78.2 mEq	46 mL per 24 hours	19.6 mL per 24 hours
4.7 grams	79.9 mEq	47 mL per 24 hours	20.0 mL per 24 hours
4.8 grams	81.6 mEq	48 mL per 24 hours	20.4 mL per 24 hours
4.9 grams	83.3 mEq	49 mL per 24 hours	20.8 mL per 24 hours
5.0 grams	85.0 mEq	50 mL per 24 hours	21.3 mL per 24 hours

See also our handout [Salt Replacement for Mineralocorticoid Deficiency](#).