

**Medication: Salt (sodium chloride) for POTS (Postural Orthostatic Tachycardia Syndrome)**

**For:**

- POTS – dizziness and fast heart rate

**Watch for:**

- Swelling (edema)

**Benefit:**

- Usually takes a week or so to notice a benefit

**Stopping:**

- No problems when stopping

**Dosing Schedule:**

- Start with a generous  $\frac{1}{4}$  tsp of salt in 1 cup (250 mL) of water 4 times a day
- Be liberal with your salt intake during meals (i.e., use a lot)
- Some patients may do well with a smaller dose
  - $\frac{1}{4}$  tsp twice a day
- Only a small percentage of patients need more

**Tips:**

- 1 heaping tsp of salt (i.e.,  $\frac{1}{4}$  tsp 4 times a day) is about the same as 9 g of table salt
- 9 g of salt in 1 L of water is the same as you would get in one bag of “normal saline” by IV in the hospital
- Note: 9 g of salt is not the same as 9 g of sodium (Na) – the weight also includes the chloride (Cl)
  - There is about 400 mg of sodium in 1 gram of table salt
- If you don't like the taste of the salt water, here are some alternatives:
  - Buy large “rock” salt and measure 9 grams; take this like pills over the course of the day
  - Make your own capsules – it's cheap and easy to do
    - There is not quite 1 g in a capsule
- Prescription salt tablets are too expensive
  - About \$1 per tablet (or \$9 per day!)

**Over the counter and herbal interactions:**

- None