

WHY SPORT DRINKS?

The main purposes of sports drinks are to supply the body with carbohydrate to supplement the limited stores of glycogen in the muscles and the liver, to replace electrolytes lost when sweating and to prevent problems occurring with dehydration

HYDRATE

HOWEVER...

It is mostly considered to be harmful to the body due to its high acidity; sugar content i.e. naturally occurring bacteria feeding on sugar forming acids, also affecting the gastro-intestinal system. Low pH of 2 means a person would have to drink 32 eight ounce glasses of alkaline water to neutralise the effect of one can of soda.

Phosphoric acid is violently poisonous as it oxidizes blood, and causes premature aging.

Dental erosion has been shown in British 14-year-old school children: 34% consumed occasionally, while 10% medium to high intake



Taking part in prolonged exercise (longer than an hour) - particularly if your workout is outdoors on a hot, humid day - sports drinks are a good idea to replenish electrolytes.

- Homemade preparations are always the best option - sugar, salt, water. You can modify and add whatever nutrient or electrolyte you need, without any harmful substances.
- Excessive consumption of sugary drinks that are primarily aimed to use during vigorous exercise, can increase risk of obesity and other health problems when sedentary.



YOUR TOP TIPS

RESOURCES

<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/water-drinks-nutrition/>

<https://www.sportsdietitians.com.au/factsheets/fuelling-recovery/sports-drinks/>

Shirreffs, S. M. (2009). Hydration in sport and exercise: water, sports drinks and other drinks. Nutrition bulletin, 34(4), 374-379.

sport drinks

BODY!

PROMOTING SPORT DRINKS

"Consumption of sport drinks during prolonged exercise improves athletic performance". Furthermore, it provides a "ready fuel for the working muscles".

Previous studies indicate that 25-35% of athletes are using supplements.



SUPPORTING STUDENTS AND THE GENERAL POPULATION TO MAKE MORE INFORMED CHOICES AROUND SPORT DRINK SUPPLEMENTATION

ALEKSANDRA BERNARCZYK & AMBER BOUSSEKART

START YOUR HEALTHY LIFE TODAY!

UNLEASH YOUR POWER!



water

no calories, no sugar

Over 60% of a human body is composed of water, therefore it's important to stay hydrated. Addition of those additives to the water, will benefit your body, also adjusting them to the needs you want!

Salt - sodium, retains fluids, also helps in regulating muscle contraction, nerve function, and blood volume.

Lemons - increasing immunity (vitamin C) and increasing iron absorption giving you more energy.

Cayenne - an active ingredient, capsaicin, increases energy expenditure and fat oxidation.

Coconut water - low in sugar, naturally rich in electrolytes such as magnesium and potassium.

Orange & other citric fruit - high in CHO and vitamins.

"A LITTLE LIGHTER, BUT A LOT MORE"

DID YOU KNOW

The purchasing of sports drinks can be influenced by people in the public's eye. Recently the drink "Prime" has hit the shelves and has been pushed by influencers such as Logan Paul and KSI. As well as this, known around the world athletes are able to promote sport drinks of their own brands.



Carbohydrates

Muscles are supplied with fuel during exercise.

Sodium (main electrolyte)

Improves the drive to drink, and assists with fluid replacement.

Protein

Prevents muscle damage and improves/ maintains subsequent performance over a few days.

Other Electrolytes

Potassium, calcium, magnesium. They are responsible for different processes such as muscle contractions, nerve impulse transmission, neurological functioning, skeletal mineralisation, as well as hormone secretion.



Other vitamins & minerals

Found in small amounts i.e. unclear benefits of their direct performance. Used in energy metabolism or in free radical defence.

Reason for using sport drinks is hydration, while not decreasing sodium level; reducing the risk of hyponatremia.

"MANY SOFT DRINKS ARE REGARDED AS 'EMPTY CALORIES'", AND THERE'S CONCERN IN INCREASING CONSUMPTION AND GENERAL NUTRITION.