



Sports Drinks Fact Sheet

- The electrolytes (sodium and potassium) in sports drinks help with the replacement of electrolytes lost during exercise. They should be consumed during and after intense training.
- Electrolytes are important for muscle recovery and to prevent dehydration.
- Symptoms of dehydration include thirst, muscle weakness, dizziness, decreased concentration, headaches, cramps, and fatigue.
- Consuming fluids during training is beneficial especially when the exercise period lasts more than 40-60 minutes or when exercising in the heat.
- Major electrolytes that are lost during exercise that should be replenished include magnesium, calcium, potassium, and sodium- all of these are vital for proper muscle functioning and repair.
- The best sports drinks contain a balanced ratio of carbohydrates and electrolytes to replenish losses and enhance the body's uptake of water. Many commercial sports drinks contain extremely high levels of sugar, sometimes equal to that of soft drinks. Drinks with a high sugar content can cause gastrointestinal discomfort and dehydration.
- Homemade recipes are healthier alternatives to many commercial brands. If you prefer regular sports drinks, you can dilute it with water to cut down on the sugar.
- Coconut water is nature's sports drink. Try refrigerated plain or flavored coconut water.
- Popular homemade recipes include a mix of honey, water, orange juice, and salt. However, there are many more possible variations providing all the necessary carbohydrates and electrolytes to replenish one's body.
- Nuun Electrolyte Tablets are a healthy alternative to commercial sports drinks. They come in 14 different flavors, contain no sugar, and can be found at local grocery stores (Hannaford). They have natural versions without artificial sweeteners, or regular versions.



Homemade Sport Drink Recipes

Juice Based Option

Single Serving	Ingredients	One Gallon Serving
1½ cup	Cold water	12 cups
½ cup	100% Juice (Pineapple and/or Orange)	4 cups
1/4 teaspoon	Salt (Sea Salt preferred)	1 teaspoon
1 pinch	Baking soda	1/4 teaspoon

Water Based Option

Single Serving	Ingredients	One Gallon Serving
1/4 teaspoon	Salt (Sea Salt preferred)	1 teaspoon
1 pinch	Baking soda	1/2 teaspoon
1½ cups	Water	14 cups
1/3 cup	Lemon Juice	1 cup
½ tablespoon	Lime Juice	2 tablespoons
2 tablespoons	Honey	1/2 cup

Easy Option

Single Serving	Ingredients	One Gallon Serving
1 cup	100% Juice	8 cups
1 cup	Water	8 cups
1 pinch	Salt	1/4 teaspoon

Coconut Water Option

Single Serving	Ingredients	One Gallon Serving
2 cups	Unsweetened Coconut Water	14 cups
1/3 cup	Chilled Green Tea	2 cups
2 tablespoons	Honey	12 tablespoons
1 pinch	Salt (sea salt preferred)	1 teaspoon