

Sports Drinks vs. Water

Sports drinks are formulated to be even more effective than water for occasions when fluid, carbohydrate and electrolyte replacement are needed, such as an intense workout, competition or practice. Water doesn't have the performance benefits of sports drinks.

| INGREDIENTS | BEVERAGES | |
|------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | Gatorade | Water |
| Flavor | <ul style="list-style-type: none"> Has light flavoring which encourages people to drink more so they fully rehydrate¹ | <ul style="list-style-type: none"> Lack of flavor keeps you from drinking enough to fully rehydrate |
| Carbohydrate | <ul style="list-style-type: none"> Contains carbohydrate (14g/8oz) to provide energy to working muscles so you can go longer and stronger.² Gatorade is absorbed by the body as quickly as water.³ | <ul style="list-style-type: none"> Provides no energy to enhance performance |
| Electrolytes: Sodium and Potassium | <ul style="list-style-type: none"> Contains a small amount of sodium (110mg/8oz) which gets you to drink⁴ and helps keep fluid in your system rather than losing it through urination.⁵ Helps maintain sodium balance in blood.⁶ | <ul style="list-style-type: none"> Contains no sodium. Water stimulates kidneys to turn on urine production more than if you drank a sports drink with the proper amount of sodium. Does not replace electrolytes |

¹Passe, D.M. et al. *Appetite*, 35:219-229, 2000.

²Below, P.R. et al. *Medicine and Science in Sports and Exercise* 27:200-210, 1995.

³Ryan, A.J. et al. *Journal of Applied Physiology* 84:1581-1588, 1999.

⁴Wilk B. and O. Bar-Or. *Journal of Applied Physiology* 80:1112-1117, 1996.

⁵Gonzalez-Alonso, J. et al. *Int J Sports Med* 13:399-406, 1992.

⁶Vrijens, D.M.J. and N.J. Rehrer. *Journal of Applied Physiology* 85: 1847-1851, 1999.

