

SPORTS DRINKS VS. WATER

There are many occasions when sports drinks are more effective than water, but no occasion when water is more effective than sports drinks.

INGREDIENTS	BEVERAGES	
	<i>Sports Drinks</i>	<i>Water</i>
<i>Flavor</i>	<ul style="list-style-type: none">■ Has light flavoring which encourages people to drink more so they fully rehydrate	<ul style="list-style-type: none">■ Lack of flavor keeps you from drinking enough to fully rehydrate
<i>Carbohydrate</i>	<ul style="list-style-type: none">■ Contains carbohydrate (14g./8oz.) to provide energy to working muscles so you can go longer and stronger. Sports drinks like Gatorade are absorbed by the body as quickly as water.	<ul style="list-style-type: none">■ Provides no energy to enhance performance
<i>Electrolytes: Sodium and Potassium</i>	<ul style="list-style-type: none">■ Contains a small amount of sodium (110mg./8oz.) which gets you to drink and help keep fluid in your system rather than losing it through urination.■ Replaces electrolytes (sodium and potassium) lost in sweat	<ul style="list-style-type: none">■ Contains no sodium so water stimulates kidneys too soon so your body excretes the fluid faster than if you drank a properly formulated sports drink.■ Does not replace electrolytes