

## SPORTS DRINKS – RECIPES

### Fluid Solutions

	<b>Hypotonic solution</b>	<b>Isotonic solution</b>	<b>Hypertonic solution</b>	<b>Electrolyte solution</b>
<b>Carbohydrate Concentration (g CHO/100ml)</b>	<5	5-8	>8	0-2
<b>Objective</b>	Water replacement with a small amount of quick energy	Water and rapid energy replacement	Mainly general energy replacement with accompanying water	Water replacement
<b>Application</b>	During aerobic exercise in hot/humid (>30°C) environment. During resistance training	Pre training. During aerobic exercise. Recovery post training/competition.	Recovery post training/competition. Carbo-loading feeding regime pre competition.	Rehydration. During training in hot/humid environments (>30°C)

Carbohydrate sources that can be used include:

Sports drinks powders, dextrose, maltodextrins, sugar or honey

Including a small amount of salt – replaces electrolytes and encourages you to drink more!

#### Isotonic drink I (750ml)

100ml fruit juice  
Pinch of salt  
3-4 tablespoons sugar (dextrose, honey or maltodextrins)  
Filled up with water

#### Isotonic drink II (750ml)

60-80ml lemon juice  
Pinch of salt  
3-4 tablespoons sugar  
Filled up with water

#### Isotonic drink III

200ml ordinary fruit squash  
Pinch of salt  
800 ml water

#### Isotonic drink IV

500ml unsweetened fruit juice  
500ml water  
Pinch of salt

#### Isotonic drink V

100ml standard Ribena  
900ml water  
Pinch of salt