

## Fluids other than Sports Drinks

**Sports water:** A popular drink designed for those who may prefer to drink water during exercise. These drinks are lightly flavoured and generally contain a much lower carbohydrate and electrolyte content than sports drink. It may be a suitable option for moderate exercise of a short duration (< 60 minutes) or a lower intensity sports.

**Water:** Voluntary fluid intake is less when drinking water compared to flavoured drinks. Water is suitable for low intensity or short duration (less than 45 minutes) exercise, or in addition to sports drinks.

**Cordial/ Soft drink/ Fruit juices:** Generally these are higher in carbohydrates and low in electrolytes compared with sports drinks. These drinks could be used to provide a flavour change and small source of caffeine towards the end of a race.

**Energy drinks:** The carbohydrate concentration of these is generally too high to be beneficial for performance. They contain added ingredients such as caffeine, vitamins, taurine and guarana.