

... FOR THE HEALTH AND WELL-BEING OF YOU AND YOUR FAMILY

ELECTROLYTE REPLACEMENT

WHAT ARE ELECTROLYTES?

Electrolytes are minerals in your blood and other body fluids that carry an electric charge. They exist in the blood as acids, bases, and salts (such as sodium, calcium, potassium, chlorine, magnesium, and bicarbonate).



IMPORTANCE OF ELECTROLYTES

Electrolytes are very crucial in basic cell function. They assist many different jobs such as, generating electricity, contracting muscles, moving water and fluids within the body, helping build bones, producing hormones, and regulating heart rate.

Water and electrolytes work very close together to maintain electrolyte balance. When we sweat, we lose electrolytes, causing an imbalance. It is important to replace those electrolytes with a balanced beverage. Often, electrolyte levels change when water levels in the body change.

MAINTAINING YOUR ELECTROLYTE LEVELS

An indicator used to help identify low electrolyte levels, is thirst. However, thirst is not an early warning sign. By the time thirst sets in, the body might already be dehydrated.

Symptoms of dehydration include:

- Feeling dizzy and light-headed
- Having a dry or sticky mouth
- Producing less urine and/or darker urine
- As the condition progresses, a person will start to feel much more sick as more body systems (or organs) are affected by the dehydration

CHOOSE SPORTS DRINKS WISELY

Sports drinks are often high in calories, sugar, caffeine, and sodium. Check the serving size, as one bottle may contain several servings. If you drink the entire bottle, you may need to double or even triple the amounts given per serving on the Nutrition Facts Label.

QUICK REFERENCE NUTRITION LABEL

When looking for a well rounded electrolyte replacement drink, look for these items to ensure optimal hydration, and absorption of carbohydrates and electrolytes.

- At least 14 grams of carbohydrates per 8 ounces of fluid (per serving)
- At least 100 mg of sodium per 8 fluid ounces of fluid (per serving)
- At least 25 mg of potassium per 8 fluid ounces of fluid (per serving)

Nutrition Facts		
Serving Size 8 fl oz (240 mL)		
Servings Per Container 2.5		
Amount Per Serving		
	8 fl oz	per bottle
Calories	50	130
% Daily Value*		
Total Fat 0g, 0g	0%	0%
Sodium 110mg, 270mg	5%	11%
Potassium 30mg, 75mg	1%	2%
Total Carb. 14g, 34g	5%	11%
Sugars 14g, 34g		
Protein 0g, 0g		

WATER CONSUMPTION GUIDELINES PER DAY

School age children less than 100 pounds: 50 ounces for a five-year old to 60 ounces for a ten-year old

Adults or children over 100 pounds: Divide weight by 2 (100 pounds = 50 ounces)

BEFORE, DURING, & AFTER EXERCISE

Before Exercise: The ACSM recommends that people drink 17 ounces of fluid about two hours before exercise, to promote adequate hydration and allow time for the body to excrete any excess water.

During Exercise: The ACSM recommends that individuals start drinking early in their workout and at regular intervals throughout their workout. The carbohydrates found in sweetened sports drinks provide energy to help delay fatigue.

After Exercise: It is imperative to replace lost fluid into the body immediately after exercise. If an exercise session exceeds 60 minutes, energy stores must also be replaced. The carbohydrates found in sports drinks provide a quick replenishment of energy and electrolyte loss.



HYDRATION TIPS:

- If you prefer flavored water, you can add fruit to your water to make it more flavorful and appealing than plain water.
- Another way to hydrate your body is to try decaffeinated green tea. Decaffeinated green tea comes flavored naturally and is a healthy way to replenish lost fluid.

RESOURCES

B.J. Phillips: Electrolyte Replacement: *The Internet Journal of Internal Medicine*, 2004 Vol. 5 No. 1

www.nlm.nih.gov

www.acsm.org

www.acefitness.org

www.gssiweb.org

For more information visit
www.WellnessCoachesUSA.com