

I - Isotonic drinks

Isotonic drinks are those which mimic the balance of salt and sugar normally found in the body; usually with carbohydrate also (normally at about 6 to 8% carbohydrate by volume). Isotonic drinks rapidly replace fluids and electrolytes lost by sweating and supply a boost of carbohydrate. Such drinks are the preferred choice for the majority of athletes - middle and long distance running or team sports.