

## T - Thirst

Non-alcoholic beverages are a popular way to quench thirst. The sensation of thirst is experienced by both humans and animals and provides the instinct to drink. Normally, thirst is a reaction of the body to falling fluid levels as well as an increase in salt concentration, which triggers a reaction in the brain to seek fluids. This is often caused by exercise and heat.

It is not just water that is lost when a thirst develops and essential minerals can also be lost. Some isotonic drinks are less thirst quenching so you will keep drinking a sports drink long after water has lost its appeal, increasing your likelihood of proper hydration. Furthermore, the presence of mild acids, such as citric acid, can add a sharpness to the background taste and enhance the thirst-quenching effect.

Excessive thirst can eventually lead to dehydration. This can cause a number of problems when exercising including dizziness, fatigue, diarrhoea or vomiting. Anyone suffering from mild dehydration, while exercising, may wish to consider drinking an isotonic drink, to help redress any imbalance in body's electrolytes. Excessive dehydration can be potentially fatal.