## Best Practices in the Selection of Supplemental Drinks (Including Liquids, Powders, and Gels):

- Gels and sports chews are concentrated supplements and are directed to be consumed with water (typically 0.5-1L).
  - o These items should adhere to the recommendations listed below when considering their ideal water intake.
- Mixed powder or drinks should contain 1-10% carbohydrate in solution. (10-100 g/L).
- Contain no fat and <10 g protein.
- Contain sodium between 100-850 mg/L.
- Contain potassium between 25-400 mg/L.
- Drinks will not provide more than 100% DRI for vitamins and minerals.
- No carbonation.

Appendix 3

No substances other than carbohydrates, electrolytes, protein, and caffeine.

## How to Read a Supplemental Drink Label Total energy, in this Serving size. For most **Nutrition Facts** case 140 kcals\* drinks equates to one Serving Size 20 fl oz (591 mL) Servings Per Container 1 bottle. In this case, 1 bottle = 0.59 L\* With no fat or protein, Amount Per Serving carbohydrates = 100% of the total energy Total Fat 0g % Daily Value indicates % of 270 mg Na in 591 ml = nutrient contributing to a 458 mg/L (270/.59=458) 2000 kcal/day diet. Not all Total Carbohydrate 36g 12% nutrients need to be listed. Protein 0g just those that are typically 75 mg K in 591 ml =

Not a significant source of calories from fat saturated fat, *trans* fat, cholesterol, dietary fiber, vitamin A, vitamin C, calcium, and iro

\*Percent Daily Values are based on a 2,000 calorie diet.

\* - kcals=calories; 1 oz=30 mL

Electrolyte supplements are considered a personal expense much like water, liquid Gatorade should be managed for incident use only.

Do not purchase sugar-free varieties. **Sugar** is essential to the rapid absorption of fluids in the small intestine. It is a critical component.

## **Product Notes:**

127 mg/L (75/.59=127)

36 g carbohydrate in 591 mL = **61 g/L** 

(36/0.59 = 61)

Do not purchase G2 (Gatorade), Powerade Zero

Liquid IV – Endurance	Does not meet the new guidelines because it has more than 100% of DRI
Liquid IV – Hydration Multiplier	Does not meet the new guidelines because it has more than 100% of DRI
Body Armour	Does not meet the new guidelines because it has more than 100% of DRI
Nuun – Endurance	Carbohydrate % is high, meets other guidelines.
Nuun – Other Varieties	May not meet the new guidelines because Carbohydrates are too low
Gatorade	Appears to meet the current guidelines
Drip Drop – ORS	Appears to meet the current guidelines
LMNT – KETO	Does not meet the new guidelines because sodium levels are too high
Ultima - Replenisher	Does not meet the new guideline due to zero carbs, more than 100% DRI, Sodium is too low.
Powerade	Appears to meet the current guidelines
Fire Salt	Does not meet the guideline for 10-100g/L carbohydrate solution.

low in the American diet, vit

A, C, calcium and iron.