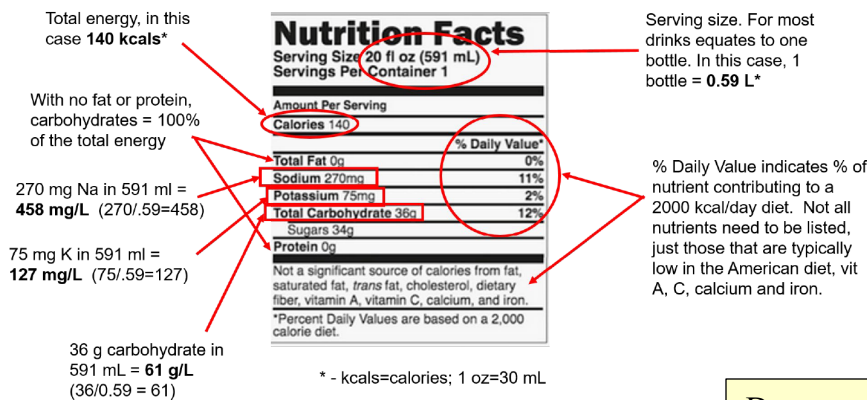


Best Practices in the Selection of Supplemental Drinks (Including Liquids, Powders, and Gels):

- Gels and sports chews are concentrated supplements and are directed to be consumed with water (typically 0.5-1L).
 - 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.
- No substances other than carbohydrates, electrolytes, protein, and caffeine.

Appendix 3

How to Read a Supplemental Drink Label



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.

Do not purchase G2 (Gatorade), Powerade Zero

Product Notes:

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.