Commercial Versus Homemade Natural Sports Drink

The sports drink for intense exercise and competitive sports activity lasting 3-5 hours requires replenishing electrolytes as well as energy in the form of sugar, which provides a ready source of needed glucose for the muscles. The muscle activity takes up 80% of glucose absorbed from the digestive tract. Most fluid loss during extreme exercise and movement is through sweating, which is rich in sodium, potassium, and chloride.

The commercial sports drinks contain these electrolytes and varying amounts of sugar. Energy boosters such as caffeine have no place in a healthy sports drink as it increases heart rate and anxiety, making a person feel jittery. Most commercial sports drinks have electrolytes and sugar per one-liter plastic bottle.

Composition of Popular Sports Drinks

Sodium	400-500 mg
Potassium	130-150 mg
Sugar	50-60 gm

The commercial preparation containing the above ingredients get sold at exorbitant prices in bottles or premixed powder forms. One can easily prepare these drinks at home from the ingredients available in every home kitchen.

No-Cost Homemade Natural Lemon-Flavored Sports Drink

Water	8 cups (two liters)
Sea salt	1/2 teaspoon
Powdered jaggery	2 tablespoons (30 gm)
Lemon juice	2-3 teaspoons (one lemon)

Total amount = Two liters

Know more about each of the above ingredients in homemade sports drink:

1. ***Jaggery.*** Jaggery is rich in potassium, sugar-like sucrose and fructose, and magnesium. Jaggery gets made from sugar cane or palm juice or coconut. Two tablespoons (28 gm) of sugar cane jaggery contains:

Sugar	30 gm
Potassium	300-350 mg
Magnesium	25-30 mg

2. ***Sea salt.*** A half teaspoon contains:

Sodium	1,200 mg

The Elements of Commercial Versus Homemade Sports Drink Per Liter

	Commercial	**Homemade**
Sugar (gm)	50-60	25-30
Sodium (mg)	400-500	500-600
Potassium (mg)	130-150	300-350

The homemade natural sports drink has less sugar, a similar amount of sodium per liter, and higher but safe potassium content than commercial sports drinks.

References

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