

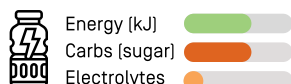
AIS SPORTS SUPPLEMENT FRAMEWORK

SPORTS DRINKS GROUP A

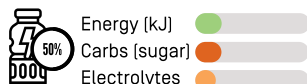


Traditional sports drinks provide water, carbohydrate [6-8%] and some electrolytes to help you simultaneously refuel & hydrate around exercise. They are available in a powder or ready-to-drink form in a variety of flavours. Lower sugar/'sugar free' sports drink will provide fluid and palatability to encourage intake, but little to no carbs for fuelling. 'Endurance' sports drink products may have more electrolytes and carbohydrate [14%] for ultra-endurance exercise. Some sports drink products may have added protein [2g/100mL] but this seems to be of no further benefit.

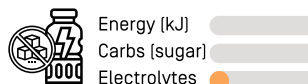
Traditional sports drink
e.g. Gatorade, Powerade ION4, Staminade



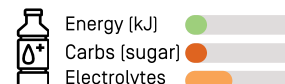
Lower sugar sports drink
e.g. Gatorade G2



'Sugar free' sports drink
e.g. Powerade Zero, Gatorade G active



Electrolyte drink
e.g. Hydralyte Sports (RTD)



BENEFITS & SITUATIONS FOR USE

Sports drinks provide a convenient, rapid source of fuel to support performance and help meet carbohydrate needs during exercise. This can help maintain performance by boosting fuel supplies while also stimulating the brain.



**FUEL SUPPLY
FOR MUSCLE**
(ingestion)



**BRAIN & NERVOUS
SYSTEM BOOST**
(via mouth rinse)

**Adequate
CARBOHYDRATE
intake around exercise
may help protect
IMMUNE FUNCTION &
BONE HEALTH**

- ☒ When additional fuel [carbohydrate] is required pre/during/post exercise
 - ☒ To maintain the drive to drink from a sweet, slightly salty flavour
 - ☒ Sports drink slushies can be part of pre-cooling strategies for exercise in the heat
 - ☒ 5-10 second mouth rinse every 10-20mins offers a similar benefit to performance vs swallowing carbohydrate. A useful strategy if gut tolerance is an issue
 - ☒ Replace electrolytes lost in sweat, preserving thirst drive for endurance events and increasing voluntary fluid intake
- Can contribute to post-exercise refuelling, but food options may provide a more nutrient-dense benefit for broader recovery needs

CARBOHYDRATE INTAKE GUIDELINES

BRIEF EXERCISE (<45MINS)

- Not needed



**SUSTAINED HIGH INTENSITY
EXERCISE (45-75MINS)**

- Small amounts of carbohydrate (swallowed)
AND/ OR
- Frequent 'mouth sensing' with a significant duration of mouth contact [e.g. 10sec mouth rinse]



Gels



Sports drink



Bars



Chews

**ENDURANCE EXERCISE &
stop-start sports (1-2.5HRS)**

- 30-60g/hr



Food



Gels



Sports drink



Bars



Chews

**ULTRA-ENDURANCE
EVENT (2.5-3+ HRS)**

- up to 90g/hr*



Food



Gels



Sports drink



Bars



Chews

* Multiple transportable carbs [e.g. glucose & fructose] to be used when aiming for intakes >60g/hr.



SPORTS DRINKS



FOOD FIRST PHILOSOPHY

Sports food supplements (e.g. bars, gels and sports drinks) are often the most practical way to meet carbohydrate targets during exercise at high intensity. But when the intensity is lower or when fuelling pre-or post-exercise, using food options is often cheaper, and can meet carbohydrate needs plus provide additional nutrients.



1 Banana (large)
30g carbohydrate



Box of sultanas (40g)
32g carbohydrate



1 Muesli bar
30g carbohydrate



400mL Orange juice
30g carbohydrate



Flat coke (375mL)
40g carbohydrate



Fruit bread (2 slices)
38g carbohydrate



2 Rice cakes + 2tsp honey
25g carbohydrate



Cordial (25mL)
17g carbohydrate



3 Lolly snakes (30g)
30g carbohydrate



2 Pikelets + 2tsp jam
28g carbohydrate



2 Medjool dates
30g carbohydrate



White bread (2 slices)
33g carbohydrate

CONCERNS & CONSIDERATIONS



Maintain dental health with a water chaser and some calcium rich dairy post-exercise.



Occasional targeted sessions may benefit from planned low carb intake to enhance the adaptive response of training.



Multiple transportable carbs (e.g. glucose + fructose) can improve absorption when aiming for intakes >60g/hr.



Tubs of sports drink powder are about 4x cheaper than ready to drink products.



'Gut training' with a mix of your preferred carbohydrate-rich foods/ and or sports foods can increase your body's ability to absorb carbs and reduce gut upset.



When choosing a sports drink, consider your primary needs - hydrating, fuelling (e.g. carbs) and/or taste and read the label.



All supplements have a doping risk of some kind. Some supplements are riskier than others. Athletes should only use batch-tested supplements. The Sport Integrity Australia app provides a list of more than 400 batch-tested products. (www.sportintegrity.gov.au/what-we-do/supplements-sport).

While batch-tested products have the lowest risk of a product containing prohibited substances, they cannot offer you a guarantee. Before engaging in supplement use, you should refer to the specific supplement policies of your sport or institute and seek professional advice from an accredited sports dietitian (www.sportsdietitians.com.au). Athletes are reminded that they are responsible for all substances that enter their body under the 'strict liability' rules of the World Anti-Doping Code.

