

Recovery Electrolytes

SPORTS NUTRITION SERIES

A pound (16 oz, or about 500 ml) of sweat contains 80 to 100 milligrams of potassium and 400 to 700 milligrams of sodium.

Recovery Electrolytes are substances that have a natural positive or negative electrical charge when dissolved in water. They help your body regulate chemical reactions, maintain the balance between fluids inside and outside your cells, and more.

It is important to drink plenty of water before and after your workout / sport. Proper hydration ensures the optimal internal environment for your body to maximize results. During exercise you lose water and electrolytes (potassium and sodium) through sweat. Replenishing these after a workout can help with recovery and performance. The concentration of electrolytes in your blood and other bodily fluids is maintained within a very tight range. If your electrolyte levels become too high or too low, serious health complications can arise. The good thing in most cases the harder you exercise, the hungrier you'll get and the more you'll eat, you'll consume more than enough electrolytes from standard post exercise foods according to N. Clark. You won't need salt tablets or special potassium supplements or special drinks. If you do not consume foods because you do not have an appetite, which some people do after exhaustive exercise especially in the heat, these beverages that may help (beverages).

Active people who exercise for more than four hours and athletes who sweat excessively should be sure to consume extra salt. But for the ordinary exerciser, salt depletion is unlikely, even though this electrolyte is lost the most. The concentration of sodium in your blood actually increases during exercise because you lose proportionately more water than sodium. Hence, your first need is to replace the fluid. You can replace sodium by eating a healthy diet or salty items such as olives, pickles, crackers, or soup.