

The Effect of Sports Drinks and Water Consumption on Electrolyte Levels of Football Players

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ABSTRACT The aim of the study is to investigate the differences in blood electrolyte values for football players in the case of consumption of water and sports drinks during contests and regular training. One group was given 1000 ml (4x250ml) of sports drinks starting 20 minutes before the training match and during the whole exercise, and the other subject groups were given water to consume at the same time and rate. The level of significance was set at 0.05. In the exercises lasting up to 90 minutes no effect of water and sports drinks were found on electrolyte levels. It was concluded that replacement between sports drinks and water consumption reflect similar results and depending on the type that athletes are accustomed to, both type of fluids can be used during exercise.