

Sweat

Sweating is the production of a fluid that is excreted by the sweat glands in the skin of mammals.

Sweating is use to keep the body temperature. Evaporation of sweat from the skin surface has a cooling effect.

Ingredients

Water (H₂O)

Salt (NaCl)

Potassium (K)

Calcium (Ca)

Urea

Lactic Acid

Magnesium (Mg)

Sports drink

A sports drink is help to restore electrolytes, carbohydrates, and other nutrients, which may lost during training sport.



Electrolyte replacement is important in delaying the onset of fatigue during exercise. Carbohydrates is inside because is important in maintaining exercise and sport performance.

What will happen if we lose our body fluid?

Humans cannot survive without body fluid. If the body loses just 3% (about 900ml in case of 60kg adult) of its fluid, dehydration symptoms such as fatigue will occur. With a 4-5% fluid loss, humans experience headache and dizziness. It can be fatal if more than 10% of body fluid is lost.

Why they can quickly adsorbed by our body?

It is because the ingredients of sports drink is nearly the same with our body sweat, so that the body can quickly adsorbed to restore the lost electrolytes, carbohydrates, and other nutrients while water do not.

成份解構



Nutrition Information (Per 100 mL) 營養資料(每100毫升)

Energy/熱量	26kcal/千卡
Fat/脂肪	0g/克
Carbohydrate/碳水化合物	6.6g/克
Protein/蛋白質	0g/克
Sodium/鈉	49mg/毫克

Electrolytes Concentration (mEq/L) 電解質濃度(毫克當量)

Cations 陽離子		Anions 陰離子	
Na ⁺ (鈉)	21	Cl ⁻ (氯)	16
K ⁺ (鉀)	5	Citrate ³⁻ (檸檬酸鈉)	10
Ca ²⁺ (鈣)	1	Lactate ⁻ (乳酸鈣)	1
Mg ²⁺ (鎂)	0.5		

Can we make the sport drink ourselves?

Yes. We can add salt (NaCl) and sugar to water. It can also delaying the onset of fatigue during exercise and give us energy.

