






DRINKS COMPARATIVE TABLE

	All-natural Maple sports drink	Powerbar Ironman Perform	Gatorade	Fruit juice	Energy drink (Redbull)
Serving	500 ml	500 ml	500 ml	500 ml	500 ml
Types of carbohydrates	Glucose and fructose	Maltodextrin, fructose, glucose	Glucose	Glucose and fructose	Sucrose and glucose
Others ingredients	All natural	Natural colouring	Artificial flavours, colouring	All natural	Caffeine, taurine
Calories	130	140	130	220	225
Total carbohydrates (g)	32	34	32	52	55
Carbohydrates concentration (%)	6,4	6,8	6,4	10,4	11,0
Sodium (mg)	241	380	210	25	200
Potassium (mg)	168	20	55	900-1000	15
					

- Majority of commercial energy drinks contain **simple carbohydrates** that **quickly provide energy**, like **maple sports drink** and other homemade drink. You will find the maple sports drink's recipe at ilovemaple.ca/sport.
- To optimize digestion and absorption of the sugars in the sports drink, the **ideal concentration of carbohydrates** must be **between 4 to 8%**. The ingredient list must be as simple and short as possible and contain natural ingredients.
- The amount to drink will depend on effort's duration and intensity. In general, we should aim to ingest for **30 to 60 g of carbohydrates per hour** for an **high intensity effort lasting more than 60 minutes**. Sodium and potassium will replace what is lost in the sweat.
- Homemade sports drinks recipes have the advantage of being less expensive and garanty a drink with **natural known ingredients!** The homemade maple sports drink doesn't contain colouring, artificial flavour, additive or preservative.