

Evans, G.H., James, L.J., Shirreffs, S.M. & Maughan, R.J. 2017.
Optimizing the restoration and maintenance of fluid balance after
exercise-induced dehydration.

OPTIMIZING POST-EXERCISE REHYDRATION

Reference: by Evans et al. J Applied Physiol 2017

Designed by @YLMSSportScience



1 A volume of fluid greater than that lost during exercise must be ingested to allow for ongoing urine losses

2 Where possible, ingestion of large volumes in a short period of time should be avoided and intake should be spread over several hours

3 To achieve effective restoration of body water and to retain ingested water, electrolytes lost in sweat must also be replaced



5 The addition of carbohydrate and milk protein appears to be beneficial to the rehydration process due to a reduced rate of fluid uptake

4 The addition of sodium at a concentration greater than that of sweat appears to be necessary, but a lower concentration may be effective if ingested in a larger volume



6 Milk appears to be an effective rehydration drink because of its sodium, carbohydrate and protein content

7 The addition of small amounts of alcohol to a rehydration drink does not appear to adversely affect the rehydration process, but drinks with more than 2% alcohol are likely to impair rehydration

8 While plain water is not considered to be an effective rehydration drink when consumed on its own, it is likely to be effective if consumed with a meal which contains adequate electrolytes