



Home Made Drinks



Hypotonic drinks contain less energy (2-4% carbohydrate content) than isotonic drinks and are great when fuel needs are low and when fluid replacement needs are high.

Isotonic drinks are optimal when exercising at higher intensities and for longer durations when fuel needs are high (4-8% carbohydrate content).

Both these drinks can be consumed before, during and after exercise to help optimise performance and aid recovery when energy, electrolytes and fluid need replaced.

Hypotonic

- 100ml ordinary squash
900ml of water
1-1.5g pinch salt
- 250ml unsweetened fruit juice
750ml of water
1-1.5g salt

Isotonic

- 200ml ordinary squash
800ml water
1-1.5g pinch salt
- 500ml of fruit juice
500ml of water
1-1.5g salt