

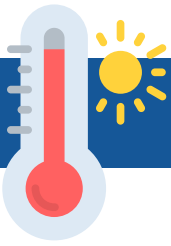
SIP SMARTER: THE ELECTROLYTE DECISION TOOL

WHAT ARE ELECTROLYTES? Essential minerals that help the body hold onto the fluid you drink by helping reduce the loss of fluid through urination and also maintain fluid balance. Sodium and chloride are the electrolytes lost in the greatest quantities in sweat, though concentrations vary widely amongst individuals.¹⁻³ Potassium is also lost in sweat, but in much lower quantities.¹⁻³

DO THEY NEED TO BE SUPPLEMENTED? In situations where electrolyte and fluid losses are great, replenishment is necessary to limit the risk of excessive fatigue, nausea, and headaches.¹⁻³

SHOULD EVERYONE SUPPLEMENT ELECTROLYTES? While we all lose electrolytes throughout the day, for many of us, this loss is not at a level that requires us to supplement them with electrolyte-containing foods and beverages. However, there are specific conditions- including climate, physical activity and fluid and electrolyte losses - that that may require supplementation.^{1,4}

DO YOU NEED TO SUPPLEMENT ELECTROLYTES?



DO YOU EXERCISE IN A HOT OR HUMID CLIMATE?

DO YOU EXERCISE FOR MORE THAN 60 MINUTES?



**DO YOU PERFORM VIGOROUS INTENSITY EXERCISE?
(FEELS CHALLENGING TO TALK OR SWEATING
STARTS AFTER ONLY A FEW MINUTES)⁵**

**DO YOU HAVE HIGH SWEAT FLUID LOSSES?
(WEIGHT LOSS OF >2% AFTER EXERCISE,
CALCULATE USING THE GSSI FLUID LOSS CALCULATOR)⁶**



**DO YOU HAVE SALTIER SWEAT?
(VISIBLE WHITE SALT MARKS ON CLOTHING)⁶**



IF YES TO ANY ABOVE

Consuming **electrolytes** along with fluid **in that situation** can help with fluid balance⁷⁻⁹



IF NO TO ANY ABOVE

Consuming regular **water** can help keep you hydrated **in that situation**

(keep in mind other factors like climate, duration, sweat, and intensity to evaluate each situation)

*NOTE: This overview does not represent a complete list of electrolyte uses. It is intended to highlight specific instances where their use may be beneficial.

References:

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