

## ACSEP Research Summary - Dr Kristyn Bell – Rehydration Research

S. Kristyn Bell, L. Lawrence Spriet

Rehydration After Exercise-Induced Fluid Losses: Comparing Flavored Water, Coconut Water, and Carbohydrate-Electrolyte Sports Beverage

[https://journals.lww.com/nsca-jscr/abstract/9900/rehydration\\_after\\_exercise\\_induced\\_fluid\\_losses.852.aspx](https://journals.lww.com/nsca-jscr/abstract/9900/rehydration_after_exercise_induced_fluid_losses.852.aspx)

### Summary

Rehydration beverage volume, electrolyte composition, and palatability are crucial to an athlete's rehydration status following exercise. Despite Coconut Water's (CW) inherently high electrolyte content, there is still limited supporting evidence on its use and rehydration efficacy. This original research demonstrated that potassium-rich CW as a natural electrolyte rehydration alternative is equally effective in rehydration and palatability as the commercial Carbohydrate-Electrolyte Sports (CES) beverage (Gatorade), at moderate-to-high intensity exercise, despite having lower sodium concentrations. As per the ACSM consensus statement, one should aim to rehydrate 150% body mass lost from exercise.

Having volunteered as an athlete subject in a cardio-respiratory research study, it was intriguing to be on the other side of the research coin, leading an original study myself. While it posed many research challenges from learning how to calibrate the cycle ergometers to interpreting the VO<sub>2</sub>max results (...and dealing with the occasional vomit at volitional fatigue!) - leading my own research project from conception to completion has been an extremely rewarding journey!

PDF Version: [Rehydration After Exercise-Induced Fluid Losses: Comparing Flavored Water, Coconut Water, and Carbohydrate-Electrolyte Sports Beverage](#)