



Recommended Sport Drinks, Gels and Blocks

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Jen works with ICyF to provide expert advice on sports nutrition and healthy eating to the students and families of Indianola. As a board-certified sports dietitian, Jen owns a private practice that focuses on helping athletes stay on the cutting edge with superior nutrition to enhance performance with safety and efficacy.

Sports drinks, gels and blocks are beneficial to athletes when training demands high and/or not enough food can be consumed or tolerated to maintain proper glycogen stores and blood glucose levels. Below are some of the most popular nutrition aids available to athletes. For additional questions or to determine what may work best for you, contact a board-certified sports dietitian.

SPORTS DRINKS BRAND <i>per 8 fl oz (240 ml)</i>	Carbohydrate (gm)	% Carbohydrate	Protein (gm)	Calories	Sodium (mg)	Potassium (mg)	Magnesium (mg)	Chloride (mg)	Calcium (mg)	Other	Carbohydrate Type
Accelerade	15	6.2%	4	80	120	15	83	--	28	Whey protein concentrate, trehalose, lecithin, vitamin C, vitamin E	Sucrose, fructose, maltodextrin
All-Sport	16	6.7%	0	67	55	60				Vitamin C	High Fructose Corn Syrup
Cytomax	14	6.0%	0	57	55	30	--	--	--	MTC, Chromium, vit C, potassium citrate, sucralose	Maltodextrin, fructose, dextrose
EFS (2 scoops in 24 oz bottle)	16	6.7%	--	64	200	107	100	300	67	40 mg vitamin C, 1320 mg Amino Acid Blend (L-glutamine, Leucine, Iso-Leucine, Valine)	Complex carbohydrates, sucrose, dextrose, stevia
Endura by Metagenics (1/2 scoop)	14	6.0%	--	60	48	88	87		30	60 mg Vitamin C, 14 IU Vitamin E	maltodextrose and fructose
FLUID Performance drink (per 8 oz. when mix 2 scoops in 24 oz)	16	6.7%	0	67	133	43	7	--	16	38 mg vitamin C, 14 IU vitamin E	maltodextrin and fructose
Gatorade	14	6.0%	--	50	110	30	0	90	0		Sucrose, Glucose & Fructose
Gatorade Endurance	14	6.0%	--	50	200	90	3	90	6		Sucrose, Glucose & Fructose
G2	7	3.0%	--	25	110	30					
Glukose	17	7.0%	--	70	40	--	0	--	0		Glucose
HEED (2 scoops in 24 oz bottle)	17	7.0%	--	67	41	11	11	--	11	33 mg L-Carnosine, 7 mg L-Tyrosine, 21 mg Glycine, 3 mg vitamin B6, 17 mg Chromium picolinate	Maltodextrin (Xylitol, white stevia)
NUUN Active hydration (1/2 tablet in 8 oz)	0	--	--	3	180	50	12.5	--	6.5		(None)
Perpetuem (2 scoops in 24 oz bottle)	18	7.5%	2	87	77	52	3.6	--	81	115 mg Phosphorus, 17 mg Carnitine, 33 mg Chromium picolinate, 33 mg L-Carnosine, 17 mg Choline	Maltodextrin, soy isolates
Powerade	15	6.0%	--	55	100	23	--	79	--	Vitamins B3, B6 and B12	High fructose corn syrup
Powerade Zero	0	0%	--	2 - 3	55	33	--	79	--		(None)
The Right Stuff (per 8 oz when 20 ml packet is mixed in 16 oz water)	0	--	0	0	890	0	--	0	0		(None)
Skratch Labs Exercise Hydration (1/2 scoop in 8 oz)	10	4%	0	40	120	20	23	0	30	11 mg Vitamin C	Cane sugar and dextrose

****Research suggests sports drinks are optimally absorbed when carbohydrate concentration is 6% -8% of solution. For athletes who train over 60 minutes I recommend sports drinks that contain at least 100 mg sodium per 8 oz. The values in bold type above fall within recommended ranges for athletes training more than 60 min, especially if they are not consuming other sources of carbohydrate or sodium. [ProActive Nutrition, LLC](#)**

Disclaimer: Information on the chart was gathered from product labels company websites at the time of its creation. Though attempts are made to periodically update this chart, manufacturers sometimes change their product ingredients or formulas so it is always best to rely on the manufacturer's product labels for the most current and accurate product information.



Nutrition Comparison Chart of Sports Gels and Sports Chews

ProActiveNutrition.net

Sports Gels (serving = 1 packet)	Serving Size (gm)	Carbs (gm)	Calories	Protein (gm)	Sodium (mg)	Potassium (mg)	Mg	**Drink this much water with each serving
Accel Gel	41 gm	20	100	5	100	50	-	8 oz
Carb Boom! Energy Gel	41 gm	27	110	0	50	50	0	12 oz
Clif Shot Energy Gel	32 gm	25	100	0	40	30	5-10mg	10 oz
e load Energy Gel Heat Endurance Formula	43 gm	27	110	0	110	27	7mg	12 oz
Enervitene Sports Gel	25 ml	18	71	BCAA	0	0	0	8 oz.
EFS Liquid Shot (1 oz)	26 ml	20	80	0	80	58	24	8 oz (40 oz for 5 oz shot)
Hammer Gel	32 gm	23	90	0	0	0	0	10 oz
Gu Energy Gel	32 gm	25	100	0	50	35	0	10 oz
Powerbar Gel	41 gm	27 - 28	110	0	200	20	0	12 oz

Sports Chews	Serving Size	Carbs (gm)	Calories	Protein (gm)	Sodium (mg)	Potassium (mg)	**Drink this much water with each serving
Clif Shot Bloks (most flavors)	3 pieces	24	100	0	70	20	10 oz
Clif Shot Bloks, Margarita flavor	3 pieces	24	90	0	210	20	10 oz
Cytomax Energy Drops	5 drops	22	90	0	65	30	10 oz
Gatorade PRO Carb Energy Chews	4 pieces	31	120	0	105	50	14 oz
GU Chomps	4 pieces	23	90	0	55	40	10 oz
Hammer Perpetuem Solids, Tablets	3 tablets	20	100	1	80	40	8 oz
Honey Stinger Energy Chews	8 pieces	31	128	2	65	35	14 oz
Jelly Belly Sport Beans	14 pieces	25	100	0	60	60	10 oz
PowerBar Energy Gel Blasts	6 pieces	30	130	2	20	0	12 oz
Sharkies	12 pieces	36	140	0	105	50	16 oz

**Research suggests carbohydrates are optimally absorbed when diluted with water to form solution that has a carbohydrate concentration of 6% -8% . The last column of these charts suggest how much water needs to be consumed with the portions of products shown to optimize absorption of the carbs and prevent gastrointestinal discomfort during exercise.

Informational charts developed and posted online by Sally Hara MS, RD, CSSD, CDE of Proactive Nutrition, 2011.

NOTE: The market is saturated with trendy new drinks that tout sports enhancement. Some are good, some have proven not effective. All hydration replacement drink requirements are best when individually assessed. If you have questions, concerns or would like recommendations, please contact Jen DeWall RDN, CSSD, LD to schedule a complimentary 15-minute sports nutrition hydration coaching call.

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