

# Special Issue

## Sports and Functional Drinks

### Message from the Guest Editors

Sport drinks often serve two roles during exercise: to replenish body water, and reintegrate electrolytes, carbohydrates and other nutrients to replenish energy after exercise. One measure of energy drinks is osmolality, which can serve as a useful marker in determining whether a given drink is suitable for maintaining adequate hydration in the body. The body's hydration status is critical for its functioning. In sports drinks, the osmotic pressure should be adjusted so that it is similar to or lower than the osmotic pressure of the fluids in our bodies, such as blood. Therefore, drinks with an appropriate osmotic pressure can be quickly absorbed from the digestive tract into the bloodstream, ensuring effective hydration of the body. Sports-related functional drinks are based on carbohydrates and also contain protein, caffeine, vitamins and minerals. The ways in which to balance the ratio of these substances to better adapt to the human body's performance during exercise is worthy of in-depth study. For this Special Issue, we welcome research on the effects of proportioning in the production of sports drinks on their efficacy, taste, consumer satisfaction, etc.

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### Guest Editors

Prof. Dr. Grzegorz Zagula

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### Deadline for manuscript submissions

10 March 2025



## Beverages

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## About the Journal

### Message from the Editor-in-Chief

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#### Editor-in-Chief

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