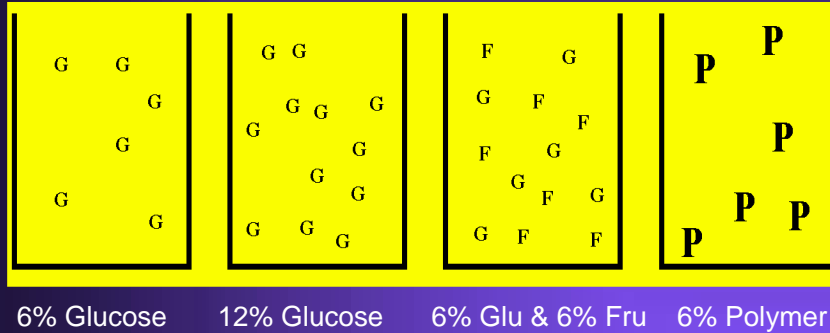


Optimizing Sugar Solutions



Maltodextrin Nutrition

ABC Slide Show

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ABC Maltodextrin Nutrition Slide Show.

Carbohydrates-in-solution are a convenient way to get calories. Typical sport drinks and diluted fruit juice have 100–125 calories per 16-ounce bottle. This usually works out to about a 6% sugar solution.

Some athletes try to add more scoops to get more calories. For example, using twice as many scoops to get a 12% solution. This doesn't work because more than 6% solutions are associated with cramps, diarrhea, and other gastrointestinal problems.

Using more than one type of simple sugar is another strategy. For example, some have tried mixing a 6% glucose and a 6% fructose solution. This also doesn't work. Gastrointestinal distress is still a problem.

More than 400 calories per bottle can be obtained and generally easily tolerated with a few specialty sports drinks that contain glucose polymers or maltodextrins. Instead of one- or two-carbohydrate units found in simple sugars, maltodextrins typically have about 10. They allow increased caloric density without increasing the number of particles or gastrointestinal distress.