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## HYPOTONIC DRINKS

### How to Hypotonic Drinks work?

Essentially Hypotonic drinks rebalance fluid, mineral and energy deficiencies offset by exercise regimes, through low osmolality (<280mOsmol/L), lower carbohydrate content and sodium presence. These drinks contain particles of carbohydrates and electrolytes less concentrated than in bodily fluids, and are therefore absorbed at a faster rate than water, or hypertonic drinks (which contain particles more concentrated than those naturally found in bodily fluids and are consequently absorbed more slowly).

### What are some active ingredients in the YBL's Hypotonic Drink?

- **L-Glutamine:** Decreasing muscle protein breakdown, therefore improving recovery post strength and exercise training. Also encourages high intestinal extraction, therefore enhancing gut function and rehydration.
- **L-Carnitine:** A compound synthesized from lysine and methionine amino acid compounds which transports fatty acids and thereby enhances consumption and disposal of body fat.
- **Taurine:** Has been shown to alleviate muscle fatigue and raise exercise capacity. Other benefits are also documented including fat tissue regulation and calcium homeostasis.
- **Creatine:** A compound naturally synthesized in the body to facilitate energy storage. It increases muscle bulk, endurance and strength.
- **Beta-Alanine:** Boosts muscular strength and increases muscle mass and anaerobic endurance.
- **Vitamin and Mineral Complex,** including A, B, C and D Vitamins, Calcium and Biotin.
- **Magnesium Aspartate:** Known as a mineral transporter and is more rapidly absorbed than other forms of Magnesium.
- **Zinc:** Provides gut health and therefore more efficient re-hydration by attenuating pathogen-related gastroenteritis.
- **Potassium:** Maintains electrolyte balance and is essential for enabling muscle contraction

### Benefits of YBL's Hypotonic Drinks

- Fast re-hydration, and vitamin/mineral replacement
- Lowers exercise-related fatigue
- Inherently lower in Carbohydrates than other sports drinks at 4.6% in 210mL of water.
- Lower in calories than most sport, fruit or soft drinks at 41 calories per serve.
- No added cane sugar or artificial sweeteners

### When should Hypotonic Drinks be used?

The Hypotonic Drink should be consumed following to exercise less than one hour in duration to ensure efficient absorption of vitamins and mineral complexes. Should training endure for longer than one hour, then consumption prior to and following exercise is recommended. The drink can also be used to ensure adequate fluid intakes in hot climates.

### How should Hypotonic Drinks be used?

Ideally, hypotonic drinks should be diluted with mineral water, which is rich in sodium and therefore enables quicker re-hydration than tap water. The usage recommended by YBL is 15-18 gram of Hypotonic premix to 200 mL of chilled mineral water to counteract dehydration and loss of blood plasma volume.

For further information please contact us at YBL applied support: [info@yblfood.com.au](mailto:info@yblfood.com.au)

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