Electrolyte drinks: What's the buzz? (BROADCAST)

INTRO:

HYDRATION IS KEY. MAKE SURE YOU'RE DRINKING ENOUGH WATER.

BOTH COMMENTS WE'VE PROBABLY HEARD – THAT SOMETIMES MAKES THE HYDRATION PROCESS SEEM A BIT MENACING.

TAKE VO

THAT'S WHY… WHEN THERE'S A POTENTIAL SOLUTION TO SPEED UP THE HYDRATION PROCESS – PEOPLE LISTEN. IT'S ALSO BECAUSE HYDRATION PLAYS A ROLE IN SO MANY FACETS OF LIFE LIKE SPORTS… PREGNANCY… TRAVEL… IMMUNE HEALTH AND MUCH MORE.

AND THE CREATORS OF ELECTROLYTE DRINKS KNOW THIS.

BRANDS LIKE GATORADE – PRIME AND LIQUID I.V. CAN BE FOUND AT COUNTLESS STORES WITH MARKETING CAMPAIGNS GEARED TOWARD THE JUST MENTIONED LIST.

ELECTROLYTES ARE MINERALS THAT ARE USED IN OUR BODY THAT HAVE POSITIVE OR NEGATIVE CHARGES… AND HELP PROVIDE BALANCE IN OUR MANY ASPECTS OF OUR HEALTH… SAYS ERICA DAWKINS… A DIETETIC INTERN WITH OSF HEALTHCARE. SHE BREAKS DOWN WHEN THESE ITEMS COULD BE BENEFICIAL.

TAKE SOT | ERICA DAWKINS | DIETETIC INTERN | OSF HEALTHCARE

"With a good, balanced diet and enough water, you're going to have that electrolyte balance you need," Dawkins says. "On a daily occurrence, the drink mixes are absolutely fine to use, but maybe not necessary all the time. If you are having an illness where you're sweating, vomiting or having diarrhea, or if you're an athlete exercising at high intensities or long periods of time and sweating a lot, we definitely want to try to use electrolyte drinks in those situations."

VO TAG

DAWKINS SAYS ANYONE WITH KIDNEY CONDITIONS MAY WANT TO STAY AWAY FROM THESE DRINKS… OR ASK THEIR DOCTOR BEFORE THEY USE IT… AS WELL AS ANYONE TRYING TO WATCH THEIR BLOOD SUGAR… AS THESE DRINK MIXES HAVE SOME EXTRA CARBOHYDRATES AND ADDED SUGAR.

LIQUID I.V. SAYS THEIR HYDRATION MULTIPLIER IS DESIGNED FOR ANYONE ONE YEAR OR OLDER – BUT IT COMES WITH THE GUIDANCE TO SPEAK WITH YOUR CHILD'S PEDIATRICIAN BEFORE INTRODUCING THIS TO THEIR DIET. DAWKINS AGREES… ADDING TO MAKE SURE TO READ LABELS OF THE PRODUCT YOU'RE CONSIDERING TRYING BEFORE YOU BUY IT.