

Hydration & Electrolytes Supplements

Replace the fluid and minerals sweat takes away, so you sustain output in long or hot sessions - because water alone isn't enough.

Electrolytes

Sodium

Hydration

Endurance

Cramp support

2%

body-water loss that measurably cuts performance

500-1,500mg

sodium lost per liter of sweat (varies widely)

>60 min

session length where electrolytes start to matter

Na + glucose

the pairing that speeds fluid absorption

What this category covers

Hydration supplements replace what sweat removes - primarily fluid and sodium, plus potassium and magnesium. Water alone can actually dilute your sodium if you drink a lot during long efforts, which is why electrolyte mixes matter for extended or hot sessions. Sodium paired with a little glucose also speeds how fast your gut absorbs fluid. The goal is to match intake to your sweat losses: enough to sustain performance and prevent cramps, without overdoing salt or sugar.

Key ingredients & typical dosing

Reference ranges commonly used in formulations. Evidence rating reflects the weight of human research for the stated role.

INGREDIENT	TYPICAL DAILY RANGE	PRIMARY ROLE	EVIDENCE
Sodium	300 - 1,000 mg	Main electrolyte lost in sweat; fluid balance	Strong
Potassium	150 - 400 mg	Muscle & nerve function	Strong
Glucose / carbs	15 - 30 g	Speeds fluid absorption; fuel	Moderate
Magnesium	60 - 120 mg	Muscle function; cramp support	Moderate
Chloride	per label	Partners sodium in fluid balance	Moderate
Calcium	small amount	Muscle contraction support	Limited
Coconut water powder	per label	Natural potassium source	Limited
Zinc	trace	Minor sweat-loss replacement	Limited

How it helps

Electrolytes support fluid balance, working muscles, and sustained output.



Faster hydration

Sodium with a little glucose activates the gut's absorption pumps, pulling fluid in faster than plain water.



Sustained output

Keeping fluid and sodium topped up prevents the 2% dehydration that quietly drops strength and endurance.



Muscle & nerve function

Potassium and magnesium support the electrical signaling behind muscle contraction, easing cramp risk.



Hot-weather resilience

Replacing heavy sweat losses helps you hold pace and stay safe in heat and humidity.

The data at a glance

Weight of human evidence by ingredient

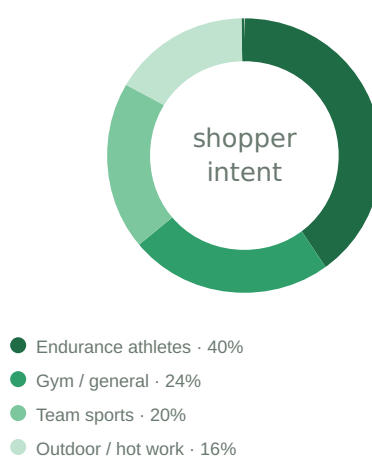
Higher = stronger, more consistent support for hydration & performance.



● Relative strength of human evidence (0-100)

Who buys this category

Illustrative demand mix by use case.



Who it's for & how to use

Best for

Sessions over about an hour, hot and humid conditions, heavy or salty sweaters, and endurance events where cramps and fade are a risk.

When to take

Start hydrated, then sip during long or hot exercise rather than gulping. Match the amount to how much you actually sweat.

What to pair

Sodium with glucose for absorption; for very long efforts, combine electrolytes with a carbohydrate fuel source.

Safety & interactions

- Match sodium to your sweat losses, not the maximum - more isn't better for shorter, cooler sessions.
- Over-drinking plain water on long events can dangerously dilute sodium (hyponatremia) - include electrolytes.
- Watch added sugar in ready-to-drink options if you're using them casually rather than for endurance fueling.
- People with high blood pressure or kidney conditions should be careful with added sodium - check with a clinician.
- For everyday, low-intensity activity, food and water usually cover your needs without a supplement.

Frequently asked

Isn't water enough?

For short or easy sessions, yes. But in long or hot exercise you lose significant sodium in sweat, and replacing only water can leave you low on electrolytes and hurt performance.

When do I actually need electrolytes?

Generally for efforts over about an hour, in heat, or if you're a heavy or salty sweater. Below that, normal meals and water are usually fine.

What is hyponatremia?

It's dangerously low blood sodium, often from drinking too much plain water during long events. Including sodium in your fluids helps prevent it.

Do I need the sugar in electrolyte drinks?

A little glucose speeds fluid absorption and fuels long efforts. For short workouts you can choose a low- or no-sugar electrolyte mix instead.

Featured products

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