

skratich
LABS®



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Hydration

Understanding Sweat

Water plays many important roles in our body's daily function including:

- Temperature & Circulation Control
- Organ Health & Protection
- Waste Removal
- Nutrient Transport & Digestion

Sweat Volume is variable:

- Based off conditions, temperature, humidity, intensity ~1-3 liter of sweat per hour (depends)
- Measured with weight or patch sweat test
- Genetic!

Sweat Sodium Concentration is a fixed number:

- 200 - >2000 mg/L (average ~800 mg/L)
- Measured with a sodium sweat test
- Genetic!

Main Electrolytes Lost in Sweat



Find your Hydration Sweet Spot

If you understand your sweat rate and the sodium concentration it can be easier to stay hydrated and continue training longer.

How to find what you need?

- If you don't know your sodium sweat losses, aim for the average!
 - 800-1000 mg sodium per 1L of fluid/sweat
- Most electrolyte packets have instructions & nutrition facts for 16oz or 500 mL mixing
 - So 400 mg sodium per 16 oz would match the sweat losses
- Find your sweat!
 - Weighing yourself pre & post training for 1 hour
 - Easy online calculations

Nutrition Facts

About 20 servings per container
Serving size 1 scoop (22g)

Amount per serving
Calories 80

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Total Sugars 19g	
Includes 19g Added Sugars	38%

Protein 0g

Vit. D 0mcg 0%	• Calcium 50mg 4%
Iron 0.2mg 2%	• Potas. 50mg 2%
Vit. C 17mg 20%	• Magnes. 50mg 10%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

non-GMO • gluten free • dairy free
Kosher • vegan

INGREDIENTS: CANE SUGAR, DEXTROSE, SODIUM CITRATE, CITRIC ACID, MAGNESIUM CARBONATE, CALCIUM CITRATE, ORANGE OIL, POTASSIUM CITRATE, ORANGE JUICE, ASCORBIC ACID.

for best results,
just add water
← and hustle.



Hydration General Rules

At least $\frac{1}{2}$ your weight in oz of water per day

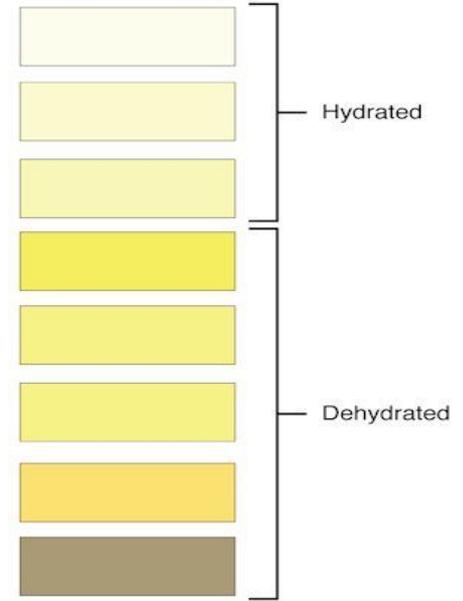
- 150 lb/2= 75 oz water per day

Add fluids during exercise

- Electrolyte drink for exercise lasting >60 min
- 3-8 oz every 15-20 minutes (sipping)
- Drink to thirst & minimize weight loss during exercise

Plus Fluids After Exercise

- 16-24 oz for every 1 lb lost during exercise
- Don't forget to salt your food!



Assess Your Hydration Status:

Urine color upon waking**

How to Create Personalized Hydration



Use less than a full serving



Less

More

600 mg/L

800 mg/L

1500 mg/L

3500 mg/L

AVERAGE

Sodium Content

Skratch Fueling Options

Energy Chews



Simplest + fastest

Easiest to digest for highest intensity activity. Carbohydrate only (no fat or protein).

High Carb Drink Mix



Moderate intensity or long durations where solid food is a challenge

Energy Bar



Low intensity activity or snack between workouts. Fat and protein for prolonged satiety.

Complex + slower burning

**Ease of digestibility
(for varying intensities of activity)**

How to Create Personalized Hydration



Use less than a full serving



Less

500 mg/L

800 mg/L

AVERAGE

1200 mg/L

1600 mg/L

More

Sodium Content