

bioteen™

Teen Health



SPORTONIC

PRODUCT OVERVIEW

SPORTONIC

Fueling during exercise is often overlooked. It's either completely forgotten or there are practical barriers preventing optimal application. This is a huge shame, because refueling during prolonged exercise can have a very beneficial effect on both motivation and performance. This is really important when it comes to teen sports because enjoying the sport you play and doing well is what can motivate a teen to continue or quit.

There are many sports drinks available on the market, so many that it can be hard for you to choose. At Bioteen, we've taken the guesswork out by formulating a safe and evidence based sports drink packed with all the right ingredients to promote optimal performance.

Bioteen's Sportonic contains an expertly blended formulation of carbohydrates for sustained energy release paired with functional vitamins, minerals and amino acids to delay fatigue and boost performance. Let's explore the ingredients that we have included to do this:

A blend of carbohydrates provides sustained energy release

Exercising uses up energy and the easiest way for the body to get this energy is by burning up carbohydrates. These carbohydrates can either be exogenous (meaning they come from the diet) or they can be endogenous (where they are stored in the muscle as glycogen) (¹). The goal is to have a steady state of energy without 'hitting the wall' or crashing. The way that this is done, is by refueling with a carbohydrate based drink during exercise, especially prolonged exercise, and making sure that the glycogen tanks are as full as they can be because they are the emergency reserves that may be the difference between finishing a race or not. In Bioteen's Sportonic, we have included a sustained energy carbohydrate blend, which is basically a blend of carbohydrates that are absorbed at different rates, some fast like maltodextrin and dextrose monohydrate and some slow like the smart carbohydrate Palatinose®. This means that at every stage of the race, start to end, Sportonic has your energy needs covered.

Electrolytes promote optimal hydration

During exercise, it is common to sweat. This is the body's way of transferring internal heat to the environment to help cool you down. Sweat is a combination of water and electrolytes, and what is lost needs to be replaced in order to prevent dehydration symptoms. Not only can dehydration cause a number of unpleasant symptoms like fatigue, irritability and loss of concentration, but as muscle is 75% water, if you are dehydrated, the muscles can't contract at their peak levels. This can negatively impact your strength and speed making your performance suffer and putting you at great risk of injury. Drinking enough fluid also helps to maintain your blood volume which is important because not only does sufficient blood volume maintain your core temperature but it also ensures that the heart pumps sufficient amounts of nutrient and oxygen rich blood the the rest of the body, which leads to improved performance. Replacing electrolytes is also important because not only do they help the body absorb water but they also prevent imbalances like hyponatremia (low sodium), which not only negatively affects performance but can also be quite dangerous (², ³). Many people believe that thirst is the best indicator of hydration status, but usually if you wait this long dehydration has already set in. Research consistently shows that when taking part in intense or prolonged exercise, drinking on a schedule is more efficient than relying on thirst (⁴).

SPORTONIC

Carbohydrates, proper hydration and tyrosine all boost mental performance

Exercise can be mentally challenging, it takes grit and determination to keep going. A few strategies can be used to reduce this load and make exercise more enjoyable, these include: Sufficient intake of carbohydrates (which may enhance feelings of pleasure during and after exercise due to its link with the neurotransmitter serotonin), dehydration prevention (as it is linked to irritability and loss of concentration) and also to include nutraceuticals like tyrosine. When supplemented, tyrosine (which is a non-essential amino acid) encourages the uptake of dopamine and noradrenaline in the brain (%). These increases have been linked to increased mental performance in certain sports.

Our entire sports range is safe and third party tested

At Bioteen, we take safety very seriously because we are committed to creating a safe and reliable supplement range that all teens can use with peace of mind. When choosing a supplement, especially for a rapidly growing and developing population like teen's, it is vital to look for supplements that have used third party certified ingredients. Like Bioteen. As the supplement industry is currently not regulated, manufacturers are not obligated to disclose every ingredient they put in their products which can be a scary thought for parents, who only want the best for their teens! Bioteen believes in full transparency, not only do we source all the raw materials ourselves but to put your mind at ease we have also carefully selected third party certified contract manufacturers to produce our products. This means that you can be guaranteed that all the ingredients in the Bioteen range are safe to consume.

The bottom line

Choosing the right carbohydrate based drink to consume during a grueling training session or sporting event can make or break sporting performance. Bioteen's Sportonic has been specially formulated to go beyond just supplying sugar in drink form. We have carefully selected functional and safe ingredients to give teen's the nutrients they need to perform at their peak.



YOU'RE ALL CAUGHT UP

Please like ❤️ & share if this article helped you in any way.
Follow us on social media for more.

@bioteenteenhealth

