|  | Water | IV | Sports Drink - Hypotonic | Sports Drink - Isotonic | Sports Drink - Hypertonic |
| --- | --- | --- | --- | --- | --- |
| Consumption | Orally | Intravenous - Into Veins | Orally | Orally | Orally |
| Rate of absorption | Average Rate | Average Rate - Same as orally | Fast | Average Rate | Slow |
| Carbohydrate Level | None | Saline solution | Low | 6-8% - Same osmolality as the body | High |
| Advantages | Easy  Quick  Can be drunk anywhere.  Combined with sports drinks to be most effective form of hydration | * Unconscious people who can’t drink for themselves | * Can refuel and replace electrolytes. * More palatable than water. * Absorbed fastest | * Can refuel and replace electrolytes * More palatable * Combined with water to be best form of hydration. * Maintained fluid balance of electrolytes * Prevent glycogen depletion | * Can refuel and replace electrolytes * More palatable |
| Disadvantages | Only replaces fluids | * Can only be used in a medical emergency * Must be administered by a medical professional * Time Consuming * Immobilised and Invasive * Risk of infection through needle * Can contravene WADA code. |  |  | Absorbed slowest |
| Athletes best suited for | Anything under 1 hour of exercise | Unconscious or medical emergency only | Any athlete that needs to watch weight e.g Jockey or boxer | AFL Footballer  Netballer | Ultra Marathon |