|  | 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 | EasyQuickCan 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 FootballerNetballer | Ultra Marathon |