

Salt Sticks

As always i had some problems with my water balance, the results had been thick legs. I could not get the best or right amount of salt during races. I do sweat a lot. I have measured 1 to 1,5 liters of lost body weight during a one hour run in summer. So for two hours this could be about 3 liters of sweat. This is a substantial loss of minerals also. So i always did not know how to compensate this in an adequate manner. Most of the iso drinks have include natrium also. But i felt that this might not be enough.

Salt you can not store in your body. If you take to much or there is an imbalance, this can be dangerous.

If you are drinking to much of warter during the race and "lose" all your minerals through drinking (washing out) and sweating, then you are in great danger. The body needs natrium for the water balanance. If he is losing to much water, the symptoms can for example be headache and confusion. It is called [Hyponatremia](#) then.

Taking to much can also be a drawback. The body does save to much. Also afterwards, taking to much salt after a race, you might end up at michelin man.

I tested "Schweden" tablets (contains 250mg NaCl per tablet only) and took them during races. But this is only natrium.

I found [salt sticks](#) a good component for races to compensate the extreme loss of minerals. During a 15 hours race i take about 7 capsules. That is about every 2 hours one capsule. Cause i also consume natrium included with iso drinks during the race.

Salt capsules contains minerals and a vitamin: 215 mg sodium, 63 mg potassium, 22 mg calcium, 11 mg magnesium, 100 IU Vitamin D

Said the ingrediants are derived from real sweat. For me it helped a lot to keep the balance during a race, sweating a lot and loosening a lot of fluids and minerals.