

Supplemental Materials

Nutrient	W*	CHO-E†	OJ‡
Calories	0	53	122
Total Lipid (g)	0	0	0.3
Carbohydrates (g)	0	14.5	28.7
Total Sugars (g)	0	13.9	20.7
Protein (g)	0	0	1.7
Sodium (mg)	25	99	5
Potassium (mg)	0	23.1	443
Niacin (mg)	0	4.5	0.7
Vitamin B-6 (mg)	0	0.4	0.2
Vitamin B-12 (µg)	0	0.6	0
Vitamin C (mg)	0	0	83.6

*Commercially available orange flavored water.

†Commercially available orange flavored sports drink.

‡100% concentrated OJ provided by the Florida Department of Citrus.

Table 1: Beverage nutritional content per 237 mL (8 oz)

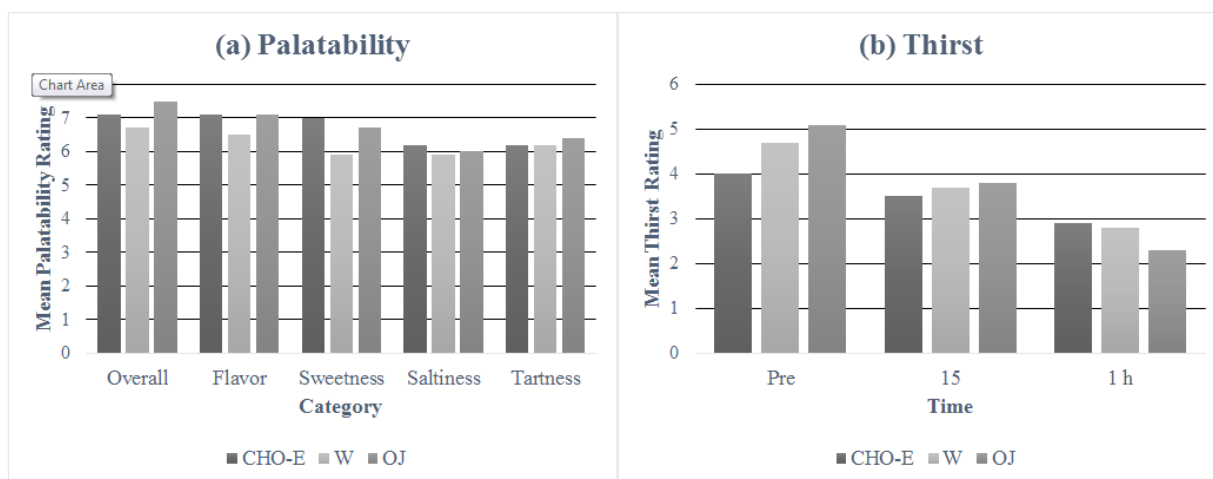


Figure 1: (a) Palatability score (mean) for each beverage consumed post-exercise; (b) Thirst scores (mean) from pre-beverage consumption to 15 minutes post-beverage consumption and 1 h post-cycling

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