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Energy Buzz!

Boosting your energy level can be difficult. This thoroughly conducted investigation provides you the most accurate information needed in selecting the right drink for you energy needs. Have you ever had one of those long, hard days? The results of this experiment empower you with information needed when selecting an electrolyte drink, giving you that sought after energy recharge. The results obtained from this experiment will give you the insight on how to carefully read labels and listen to commercials. After testing four different popular drinks that "allegedly" have the most electrolytes, my goal was obtained.

My approach for this investigation was to build a sensor that properly calculates the individual electrolyte concentration in each drink. By doing this, and because copper wires on my homemade sensor were used to send wave readings to a multimeter, I was able to measure the total amount of electrolytes in each drink. To do this, I submerged my sensor to the bottom of each cup and filled the cup with one of the four chosen drinks. I then recorded the amps from the multimeter.

Simply Orange produced the most electrolytes weighing in at 6.9. Powerade produced the second most at 6.2, tap water contained 5.25, and Smart Water had 1.08 electrolytes. My science fair project contributes to all athletes, nurses, and doctors.