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*Electrolytes vs. Different Drink: Water, Sports Drinks, or Fruit Juice*

The purpose of this project was to determine how useful the sports drinks and other juices are after exercise. The experimenter used the drinks, Sour Melon Powerade, Pre-game Fuel Prime 01 Gatorade, Orange Juice, Vitamin Water Dragon Fruit, Minute Maid Apple Juice, V8 V-Fusion Pomegranate and Blueberry, Fruit Punch Thirst Quencher, Ocean Spray Light Cranberry Juice, G2 Perform Gatorade, and Blue Machine Naked Juice which have varying amounts of electrolytes in them. The main electrolytes were potassium and sodium. The experimenter placed 5 planaria into 11 different petri dishes. Then placed one milliliter of a drink in each petri dish; leaving one having just water in it. Also, the experimenter used a conductivity tester to show the conductivity level. To get the data from the conductivity tester a light meter was placed two inches away from the light bulb. A Multimeter was also used to test the conductivity. Orange Juice had the highest reading on the light meter with 110 foot candles. Orange juice has 15 milligrams of sodium and 140 milligrams of potassium. Pre-Game Fuel Prime 01 Gatorade had the highest Multimeter rating with 9.39 volts, and Blue Machine Naked Juice showed the greatest amount of immediate movement of the planaria. In conclusion, the researcher believes that the amount of sodium in the drinks affected the reading on the testers more than the amount of electrolytes present in the different drinks.