



As an athlete I have tried most sports drinks on the market but feel I get the most benefit from using Aqualyte.

The Western Force used Aqualyte in training and on game days for a number of years and I would find it difficult to change to anything else after the positive experience I have had.

We train and play in some pretty hot conditions where hydration is a key factor in our preparation and performance. I like the fact that Aqualyte is mild in taste so you can drink plenty of fluid without getting a sickly sweet aftertaste in your mouth. It also seems to be absorbed quickly, so it does not cause stomach discomfort or bloating, allowing me to drink more fluid.

We also use Aqualyte when travelling, particularly on the long haul flights where you can get really dehydrated after being in an aircraft for many hours. It certainly helps speed up my recovery after flying.

I would not hesitate in recommending Aqualyte to any other athlete looking for a hydration solution or sports drink that actually does what it is meant to do.

Adam Coleman
Western Force