

Why is SALT good for Heat Injury?

There are 4 kinds of Heat Injury!



① Heat Faint

The body temperature wouldn't go so high, but will suddenly lose consciousness and sweat violently. This can be coped by cooling, but it is also necessary to take enough water and electrolyte.

③ Heat Cramp

The body temperature is same as usual, but will suddenly get a cramp and rigid. It is good to intake electrolytes and water by sportsdrinks.

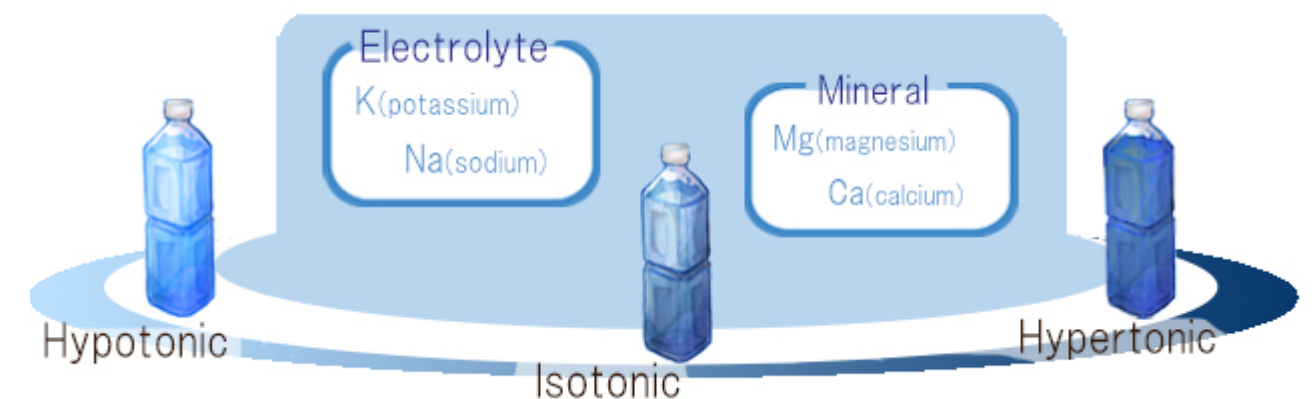
② Heat Fatigue

is the most common symptom in the four heat injuries. The body temperature will rise up to 39°C .

④ Heat Exhaustion

The body will lose control of nerves and muscles, and may damage the brain as well. This is a very dangerous symptom and may die if you leave it, and an urgent operation in hospital, such as intravenous drip is required

Sport drinks are good for Heat Injury!



Sport drinks involves lots of elements wich you may lose when you play sports and sweat a lot.

There are several kinds of sports drinks for different kinds of occasions; such as hypotonic, isotonic, and hypertonic.

Sodium works all over our body!

