CAN SWEAT BE USED AS A PROXY FOR BLOOD OR AS A BIOMARKER FOR NUTRITIONAL OR PHYSIOLOGICAL STATUS?

IN MOST CASES, NO, BECAUSE SWEAT COMPOSITION IS INFLUENCED NOT ONLY BY BLOOD SOLUTE CONCENTRATIONS BUT ALSO:

**KEY TAKEAWAYS**

Sweat electrolyte concentrations are not predictive of hydration status or sweating rate

Sweat metabolite concentrations are not a reliable biomarker for exercise intensity or other physiological stressors

Glucose, cytokine, and cortisol research is too limited to suggest that sweat is a useful proxy for blood

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