PRIMARY, SECONDARY, AND TERTIARY EFFECTS OF CARBOHYDRATE INGESTION DURING EXERCISE

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FOR MORE INFORMATION, SEE THE PAPER ON WHICH THIS INFOGRAPHIC IS BASED, FOUND IN THE FOLLOWING REFERENCE: Link to Full text

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1 Rinse CHO in the mouth for 5-10 s
2 Ingest CHO 30-60 g/h
3 Ingest multiple source CHO: 60-90 g/h

Exercise duration:
- 30-60 min
- 1-2 h
- 2-3 h

Carbohydrate impact on performance
- Increased pleasure
- Decreased RPE
- Motor recruitment

Primary effect
- Glucose 1.2 g min⁻¹
- Fructose 0.8 g min⁻¹

Secondary effect
- Ingest CHO 30-60 g/h

Tertiary effect
- Ingest multiple source CHO: 60-90 g/h

Glucose
- K⁺
- ATP
- ADP
- GLUT2
- Galactose
- Na⁺
- Glucose
- Galactose
- Na⁺
- Fructose
- SGLT-1

Energy impact
- Skill
- Intermittent high intensity running
- Endurance performance
- Endurance Capacity

CHO "flow"