



WHY DO WE SWEAT?

BAKER, L.B. (2019) PHYSIOLOGY OF SWEAT GLAND FUNCTION: THE ROLES OF SWEATING AND SWEAT COMPOSITION IN HUMAN HEALTH, TEMPERATURE, DOI: 10.1080/23328940.2019.1632145
[Link to Full Text](#)

For an in-depth review on **sweat gland physiology** and state of the evidence regarding the various roles of sweating and sweat composition in human health, please see the paper on which this infographic is based.

HEALTH BENEFITS OF SWEATING



Liberation of **body heat** during exercise & in hot environments

Potentially **skin hydration & microbial defense**, but more research is needed

The role of sweating to **eliminate waste and toxins from the body** is minor



WHAT'S IN SWEAT?

Sodium chloride! People with "salty sweat" are at **increased risk of NaCl imbalances** during very prolonged sweating (i.e. 6-8+ hours)

Minimal risk for high losses of **trace minerals** (e.g. Ca & Fe), **vitamins** and **other constituents**

The use of sweat composition as a **biomarker for human physiology** is limited

Does DIETARY sodium consumption impact SWEAT sodium losses?

The studies are inconsistent, therefore it's unclear if there is a relationship between dietary and sweat sodium

