

Recommended Intakes (ounces/day):

Level of Training	Normal Environment	Hot, Humid Environment
Rest	0	1
Light	1	1-2
Moderate	2	2-3
Heavy	3	3-4

Guidelines for Determining Amount of Summer Games Electrolyte Supplementation:

Light Work: Visible Sweat (up to 5 liters sweat loss)
For example: Dressage, Western and English
Pleasure, Trail Riding, Equitation, etc.

Moderate Work: Dripping Sweat (5-10 liters sweat loss)
For example: Jumping, Racing, Barrel Racing, Cutting,
Roping, etc.

Heavy Work: Dripping Sweat for Extended Periods
(more than 10 liters sweat loss)
For example: Upper Level Three-Day Event, Western
Performance, Polo, etc.