



2016 NOBCChE National Science Fair Abstract

Category: **Biological Science**

Title: **Electrolyte Challenge: Orange Juice vs. Sports Drinks**

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When a person exercises, sweat is lost. When a person sweats, electrolytes are released. As a result, levels of electrolytes are reduced in the body. These electrolytes contain potassium and sodium important to the human body. The purpose of this project is to analyze which beverages, orange juice or sports drinks best replenishes the much needed electrolytes back into the body. Electrolytes are salts in liquid form that are charged molecules which provide energy to various internal body functions. Any imbalance of electrolytes can cause serious complications of the nervous system and upon the muscles in the body. In my hypothesis, this project will show how sports drinks are better than orange juice because sports drinks, once ingested into the body, are made to quickly replenish the electrolytes needed to return the body to regular health.

The National Organization for the Professional Advancement of Black Chemists and Chemical Engineers (NOBCChE) National Science Fair is a poster competition in which students present an independent completed research project. Each contestant in the Science Fair must demonstrate their ability to conduct a research project by:

- Submitting an abstract of 150 words or less on an individual research project in one of the following **four categories: physical science, math & engineering, consumer science, or biological science.**
- Presenting the results of the research in a poster format, including answering questions from judges; and submitting a written report during the poster presentation.
- For more information, visit www.nobccheSTEMwkd.com.