

Special Issue

Sports and Functional Drinks

Message from the Guest Editors

Sport drinks often serve two roles during exercise: to replenish body water, and reintegrate electrolytes, carbohydrates and other nutrients to replenish energy after exercise.

One measure of energy drinks is osmolality, which can serve as a useful marker in determining whether a given drink is suitable for maintaining adequate hydration in the body. The body's hydration status is critical for its functioning. In sports drinks, the osmotic pressure should be adjusted so that it is similar to or lower than the osmotic pressure of the fluids in our bodies, such as blood. Therefore, drinks with an appropriate osmotic pressure can be quickly absorbed from the digestive tract into the bloodstream, ensuring effective hydration of the body.

Sports-related functional drinks are based on carbohydrates and also contain protein, caffeine, vitamins and minerals. The ways in which to balance the ratio of these substances to better adapt to the human body's performance during exercise is worthy of in-depth study.

For this Special Issue, we welcome research on the effects of proportioning in the production of sports drinks on their efficacy, taste, consumer satisfaction, etc.

Guest Editors

Prof. Dr. Grzegorz Zagula

Dr. Marcin Bajcar

Dr. Bogdan Saletnik

Deadline for manuscript submissions

31 December 2025



Beverages

an Open Access Journal
by MDPI

Impact Factor 2.7
CiteScore 4.6



mdpi.com/si/200939

Beverages
Editorial Office
MDPI, Grosspeteranlage 5
4052 Basel, Switzerland
Tel: +41 61 683 77 34
beverages@mdpi.com

[mdpi.com/journal/
beverages](https://mdpi.com/journal/beverages)





Beverages

an Open Access Journal
by MDPI

Impact Factor 2.7
CiteScore 4.6



[mdpi.com/journal/
beverages](https://mdpi.com/journal/beverages)



About the Journal

Message from the Editor-in-Chief

Editor-in-Chief

Prof. Dr. Edgar Chambers IV
Center for Sensory Analysis and Consumer Behavior, Kansas State
University, Manhattan, KS 66506, USA

Author Benefits

High Visibility:

indexed within Scopus, ESCI (Web of Science), FSTA,
CAPlus / SciFinder, PubAg, and other databases.

Journal Rank:

CiteScore - Q2 (Food Science)

Rapid Publication:

manuscripts are peer-reviewed and a first decision is
provided to authors approximately 24.1 days after
submission; acceptance to publication is undertaken in 6.6
days (median values for papers published in this journal in
the first half of 2025).