



Sports Drinks: Do they work in improving your stamina?

For a very long time, people have been asking the question - [do sports drinks really work](#) to improve a person's stamina? Over the years, we have seen several sports drinks companies advertising their products as a 'great source of energy.' However, the science behind these says that these drinks with sugar content help replenish the electrolytes in our bodies. These drinks have helped improve people's stamina and endurance during workouts and general activities.