

Electrolyte Challenge

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Orange Juice vs Sports drinks

Our goal was to find out which drink has more electrolytes. Orange Juice or Sports drink. We used a multimeter to measure how many amps were flowing through the liquid. It used the principle of conductance to measure the electrolyte concentration.



Orange Juice

We found out the amps flowing through the orange juice were about 11 mA.



Sports drinks

We found out the amps flowing through the sports drink were about 31 mA.



Resolution

- In the end we found out that sports drink contains more electrolytes than orange juice. That means that a sports drink should hydrate us more than orange juice.