

# Sports Drinks Dissolve Your Teeth

**GOLDSBORO SPINE CENTER**



High acidity levels designed to keep sports drinks on the shelf longer can dissolve tooth enamel, the hard dentine underneath and expose the pulp of the tooth, a study found. In fact, sports drinks meant to rehydrate the body are up to 30 times more erosive to your teeth than water.

Interestingly, athletes who drink the sports drinks are more at risk because their activity levels decrease saliva production. This, in turn, leads to a drier mouth, which doesn't contain enough saliva to regulate the drinks' acidity levels. Plus, since athletes sweat a lot they drink more than most people.

In the study, active participants wore mouth protectors that had enamel samples mounted into the gum shield over their own teeth.

Researchers were able to formulate, using low-erosion technology, a sports drink that was less erosive, and less harmful, to teeth. They stressed that fruit juices and other fizzy drinks can cause similar erosive problems to sports drinks.

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