

PROSPECTS FOR THE APPLICATION OF ISOTONIC AGENTS RESTORING METABOLIC BALANCE IN MILITARY COMMUNITIES

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Abstract

Isotonic preparations (beverages) that are currently popular among military personnel and military athletes are beneficial for physical exertion, intense sweating, an active lifestyle, and loss of fluid (for example, in heat). In the market of sports nutrition, isotonic agents are produced in several forms, such as beverages, gels, powders, and tablets. Some will need to be diluted in a ready-made form, while others will need to be diluted according to the instructions attached. To achieve the desired result, it is recommended to follow the general rules of isotonic acceptance. These rules include taking the drug 20 minutes before physical exertion, mainly during training - taking several drinks at intervals between exercises, and paying attention to a person's individual needs and thirst when determining the necessary amount of the drink. It is important to weigh before and after training to determine the need for the drug and the individual norm. The difference between the weights is the amount of liquid lost, which must be filled. This remedy can be taken after physical exertion, but it is much less helpful. It is better to drink regular water during this period.

Introduction

Research Objective:

To conduct a hygienic assessment of the potential use of an isotonic agent in maintaining electrolyte balance and metabolism in military personnel during the execution of various training and combat tasks. Hygienic assessment of the possibility of using an isotonic agent in maintaining salt-water balance and metabolism in the body of military personnel during the performance of various training and combat tasks.

Materials and Methods:

This research analyzed the daily routine, diet, service conditions, and health status of military personnel serving in various divisions of the Ministry of Defense. The study employed questionnaire surveys, sanitary-hygienic, analytical, and sanitary-statistical methods.

Results

The study examined the quantity and diversity of liquids and various preparations consumed by military personnel involved in performing tasks assigned to them in hot climates during training



and combat activities held in various regions of the republic in order to maintain metabolism and salt-water balance in the body.

According to the results of the survey conducted during the study, it was found that 1,1% of the subjects compensated for fluid losses in their bodies with juices made from various fruits, 2,1% with tincture of Camelthorn plant (Alhág), 14,7% with various energy drinks, and 28,0% with tea (mostly green tea) It was found that 54,1% is filled with ordinary water.

In the survey, 63, 1% of military personnel began using the isotonic drug after hearing from acquaintances and colleagues, 21,3% began using this drug after receiving information about it through the Telegram social network, sports stores, and online stores, and 15, 6% of respondents began using this product based on recommendations from military doctors.

Conclusion

Unlike vitamin-mineral complexes, isotonic preparations are not designed to increase the body's vitamin and mineral reserves, and given that the drug's function is to maintain normal levels of macro-and microelements in the blood, increase energy, and the need for it requires an individual approach, it is not advisable to take the drug to prevent, treat vitamin deficiency or quench normal thirst. Individual sensitivity to the components of the beverage, diabetes mellitus, high blood pressure are contraindications, and an individual approach to consuming this drug in the army (in organized communities) is practically impossible.

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