

Sports Drink vs Energy Drink (vsdiff.com)

Feature	Sports Drink	Energy Drink
Main purpose	Rehydration & electrolyte replacement	Short-term stimulation & alertness
Key ingredients	Water, <i>electrolytes</i> , simple carbohydrates	Caffeine (typically 50-300 mg per serving), sugars or sweeteners, taurine, B-vitamins
Typical use-case	During or after moderate-intense exercise (lasting ~30-120 minutes)	Before demanding tasks or to counteract fatigue; not tailored to exercise recovery
Onset & duration	Immediate hydration; carbohydrate oxidation supports performance over minutes-hours	Rapid onset (within ~15-45 minutes); effects may last a few hours
Calories & sugar	Usually moderate (about 50-120 kcal per 12 oz), variable sugar content	Wide range: 0-300+ kcal per serving depending on formulation
Regulatory/health notes	Generally safe for hydration in healthy adults; watch sodium for low-sodium diets	Concerns around high caffeine , sugar, and stimulant interactions

Source: <https://vsdiff.com/sports-drink-vs-energy-drink/>