

Teeth 'at danger' from sports drinks



Zest – Wed, Mar 27, 2013 08:25 GMT



Look after your smile

Watch what you drink when you work out - fizzy sports drinks could be causing tooth decay, warns Professor Andrew Eder of the [London Tooth Wear Centre \(LTWC\)](#).

Danger ingredients to watch out for include carbonic, citric and phosphoric acid - all found in energy drinks, and a primary cause of dental erosion.

Could energy drinks encourage bingeing?

Prof Eder says, 'The most recent Adult Dental Health Survey suggests that over three quarters of the UK population have some form of tooth wear - and sports and energy drinks are one of the major culprits.'

Sports drinks: just extra calories?

Sports drinks can play their part in a training programme, but play safe. Prof Eder advises: Never swish sports drinks around your mouth: it increases contact with the teeth and therefore the risk of dental erosion.

Wait an hour after drinking a sports drink before brushing your teeth to avoid damaging the softened enamel.

Swap sports drinks for a more tooth-friendly alternative. Coconut water, for example, is less acidic than sports drinks, is hydrating, entirely natural and isotonic.

Get your teeth checked by an expert. An early diagnosis of erosion is essential to catch problems early and avoid more complex treatment later on.