

# MOUTH SENSING



**1** Rinsing the mouth with a CHO-containing solution improves performance in exercise < 75 minutes duration



**2** The performance benefits observed with mouth rinsing are similar to those observed when carbohydrate is ingested

**3** CHO intake can stimulate areas of the brain that control pacing and reward systems



**4** This “mouth sensing” of CHO provides another reason for frequent intake of CHO during longer events, as well as some of the shorter events in which it may not be necessary to provide muscle fuel (e.g., half marathon, 20-km race walk)



**5** This strategy can also enhance enjoyment or capacity for exercise performed with reduced CHO availability (train “low” sessions).

**6** ...and in scenarios in which there is a high risk of gastro-intestinal discomfort

