

Supplementary File 1: Search Strategy

Medline

Population

(Female* or Wom*n or Girl* or Lady or Ladies).ab,ti.OR Women/ OR Female/

Concept

("Sport* drink*" or "Sport* Beverage*" or "Electrolyte* drink*" or "Hydration Drink*" or "Fluid Replacement*" or "Isotonic drink*" or "carbohydrate-electrolyte*" or "oral rehydration" or "hydration strategies" or "fluid* intake" or "Rehydration solution*" or "carbohydrate drink*" or "carbohydrate solution*" or "Glucose drink*" or "glucose beverage*" or "glucose solution*" OR "hypertonic drink*" or "hypotonic drink*" or "hypertonic solution" or "hypotonic solution" or "isotonic solution" or "isotonic drink*" or "hypertonic beverage" or "hypotonic beverage" or "isotonic beverage" or "Hydro-electrolytic beverage").ab,ti. OR Rehydration Solutions/ OR hypertonic solutions/ OR glucose solution, hypertonic/ OR hypertonic/ OR hypotonic solutions/ OR isotonic solutions/

Context

(sport* or exercis* or Athlet* or "Physical activit*" or aerobic* or Fitness or Train* or Perform* or Kinesiology or "Physical condition*" or Play* or exertion or "endurance exerc*").ab,ti. OR Athletes/ OR Athletic Performance/ OR Kinesiology, Applied/ OR physical endurance/ OR physical fitness/ OR exercise/ OR physical exertion/ OR endurance training/ OR physical conditioning, human/

Sportdiscus

Population

Female* OR Wom*n OR Girl* OR Lady OR Ladies OR DE "WOMEN" OR DE "WOMEN athletes" OR DE "GIRLS"

Concept

"Sport* drink*" OR "Sport* Beverage*" OR "Electrolyte* drink*" OR "Hydration Drink*" OR "Fluid Replacement*" OR "Isotonic drink*" OR "carbohydrate-electrolyte*" OR "oral rehydration" OR "hydration strategies" OR "fluid* intake" OR "Rehydration solution*" OR "carbohydrate drink*" OR "carbohydrate solution*" OR "Glucose drink*" OR "glucose beverage*" OR "glucose solution*" OR "hypertonic drink*" OR "hypertonic solution" OR "hypotonic solution" OR "isotonic solution" OR "hypotonic drink*" OR "hypertonic beverage" OR "hypotonic beverage" OR "isotonic beverage" OR "isotonic drink*" OR "Hydro-electrolytic beverage" OR DE "SPORTS drinks" OR DE "ORAL rehydration therapy"

Context

sport* OR exercis* OR Athlet* OR "Physical activit*" OR aerobic* OR DE "AEROBIC exercises" OR Fitness OR Train* OR Perform* OR Kinesiology OR "Physical condition*" OR Play* OR exertion OR "endurance

exerc*" OR DE "PHYSICAL training & conditioning" OR DE "SPORTS" OR DE "EXERCISE" OR DE "EXERCISE physiology" OR DE "ATHLETE training" OR DE "ATHLETICS" OR DE "PHYSICAL activity" OR DE "ENDURANCE sports" OR DE "ULTRAENDURANCE sports" OR DE "ENDURANCE athletes" OR DE "KINESIOLOGY

CINAHL

Population

Female* OR Wom*n OR Girl* OR Lady OR Ladies OR (MH "Female") OR (MH "Women") OR (MH "Athletes, Female")

Concept

“Sport* drink*” OR “Sport* Beverage*” OR “Electrolyte* drink*” OR “Hydration Drink*” OR “Fluid Replacement*” OR “Isotonic drink*” OR “carbohydrate-electrolyte*” OR “oral rehydration” OR “hydration strategies” OR “fluid* intake” OR “Rehydration solution*” OR “carbohydrate drink*” OR “carbohydrate solution*” OR “Glucose drink*” OR “glucose beverage*” OR “glucose solution*” OR “hypertonic drink*” OR “hypertonic solution” OR “hypotonic drink*” OR “hypotonic solution” OR “isotonic solution” OR “isotonic drink*” OR “hypertonic beverage” OR “hypotonic beverage” OR “isotonic beverage” OR “Hydro-electrolytic beverage” OR (MH "Sports Drinks") OR (MH "Isotonic Solutions") OR (MH "Oral Rehydration Therapy") OR (MH "Fluid Intake") OR (MH "Rehydration Solutions") OR (MH "Hypotonic Solutions") OR (MH "Hypertonic Solutions")

Context

sport* OR exercis* OR Athlet* OR “Physical activit*” OR aerobic* OR Fitness OR Train* OR Perform* OR Kinesiology OR “Physical conditioning” OR Play* OR exertion OR “endurance exerc*” OR (MH "Exertion") OR (MH "Sports") OR (MH "Athletic Training") OR (MH "Athletic Performance") OR (MH "Exercise") OR (MH "Physical Performance") OR (MH "Physical Fitness") OR (MH "Physical Activity") OR (MH "Endurance Training") OR (MH "Aerobic Exercises") OR (MH "Kinesiology") OR (MH "Applied Kinesiology")

SCOPUS (via Elsevier)

Population

Female* OR Wom*n OR Girl* OR Lady OR Ladies OR “Female Athletes”

Concept

“Sport* drink*” OR “Sport* Beverage*” OR “Electrolyte* drink*” OR “Hydration Drink*” OR “Fluid Replacement*” OR “Isotonic drink*” OR “carbohydrate-electrolyte*” OR “oral rehydration” OR “hydration strategies” OR “fluid* intake” OR “Rehydration solution*” OR “carbohydrate drink*” OR “carbohydrate solution*” OR “Glucose drink*” OR “glucose beverage*” OR “glucose solution*” OR “hypertonic drink*” OR “hypotonic drink*” OR “hypertonic solution” OR “hypotonic solution” OR “isotonic solution” OR “isotonic drink*” OR “hypertonic beverage” OR “hypotonic beverage” OR “isotonic beverage” OR “Hydro-electrolytic beverage”

Context

sport* OR exercis* OR Athlet* OR “Physical activit*” OR aerobic* OR Fitness OR Train* OR Perform* OR Kinesiology OR “Physical condition*” OR Play* OR exertion OR “endurance exerc*”

Web of Science

Population

Female* OR Wom*n OR Girl* OR Lady OR Ladies

Concept

“Sport* drink*” OR “Sport* Beverage*” OR “Electrolyte* drink*” OR “Hydration Drink*” OR “Fluid Replacement*” OR “Isotonic drink*” OR “carbohydrate-electrolyte*” OR “oral rehydration” OR “hydration strategies” OR “fluid* intake” OR “Rehydration solution*” OR “carbohydrate drink*” OR “carbohydrate solution*” OR “Glucose drink*” OR “glucose beverage*” OR “glucose solution*” OR “hypertonic drink*” OR “hypotonic drink*” OR “hypertonic solution” OR “hypotonic solution” OR “isotonic solution” OR “isotonic drink*” OR “hypertonic beverage” OR “hypotonic beverage” OR “isotonic beverage” OR “Hydro-electrolytic beverage”

Context

sport* OR exercis* OR Athlet* OR “Physical activit*” OR aerobic* OR Fitness OR Train* OR Perform* OR Kinesiology OR “Physical condition*” OR Play* OR exertion OR “endurance exerc*”

Embase

Population

(female* OR wom*n OR girl* OR lady OR ladies:ti,ab) OR female/exp

Concept

(“Sport* drink*” OR “Sport* Beverage*” OR “Electrolyte* drink*” OR “Hydration Drink*” OR “Fluid Replacement*” OR “Isotonic drink*” OR “carbohydrate-electrolyte*” OR “oral rehydration” OR “hydration strategies” OR “fluid* intake” OR “Rehydration solution*” OR “carbohydrate drink*” OR “carbohydrate solution*” OR “Glucose drink*” OR “glucose beverage*” OR “glucose solution*” OR “hypertonic drink*” OR “hypotonic drink*” OR “hypertonic solution” OR “hypotonic solution” OR “isotonic solution” OR “isotonic drink*” OR “hypertonic beverage” OR “hypotonic beverage” OR “isotonic beverage” OR “Hydro-electrolytic beverage”:ti,ab) OR “sports drink”/de OR “hydration”/de OR “electrolyte”/de OR “fluid replacement”/de OR “fluid intake”/de OR “oral rehydration solution”/de

Context

(sport* OR exercis* OR Athlet* OR "Physical activit*" OR aerobic* OR Fitness OR Train* OR Perform* OR Kinesiology OR "Physical condition*" OR Play* OR exertion OR "endurance exerc*":ti,ab) OR 'sport'/de OR 'exercise'/de OR 'athlete'/de OR 'physical activity'/de OR 'aerobic exercise'/de OR 'fitness'/de OR 'performance'/de OR 'kinesiology'/de

Cochrane

Population

(Female* OR Wom*n OR Girl* OR Lady OR Ladies):ti OR (Female* OR Wom*n OR Girl* OR Lady OR Ladies):ab

OR MeSH descriptor: [Women] this term only OR MeSH descriptor: [Female] in all MeSH products

Concept

(Sport* NEXT drink*):ti OR (Sport* NEXT Beverage*):ti OR (Electrolyte* NEXT drink*):ti OR (Hydration NEXT Drink*):ti OR (Fluid NEXT Replacement*):ti OR (Isotonic NEXT drink*):ti OR (fluid* NEXT intake):ti OR (Rehydration NEXT solution*):ti OR (carbohydrate NEXT drink*):ti OR (carbohydrate NEXT solution*):ti OR (Glucose NEXT drink*):ti OR (glucose NEXT beverage*):ti OR (glucose NEXT solution*):ti OR (hypertonic NEXT drink*):ti OR (hypotonic NEXT drink*):ti OR (hypertonic NEXT solution*):ti OR (hypotonic NEXT solution*):ti OR (isotonic NEXT solution*):ti OR (isotonic NEXT drink*):ti OR (hypertonic NEXT beverage*):ti OR (hypotonic NEXT beverage*):ti OR (isotonic NEXT beverage*):ti OR (Hydro-electrolytic NEXT beverage*):ti OR (hydration NEXT strateg*):ti

OR

(Sport* NEXT drink*):ab OR (Sport* NEXT Beverage*):ab OR (Electrolyte* NEXT drink*):ab OR (Hydration NEXT Drink*):ab OR (Fluid NEXT Replacement*):ab OR (Isotonic NEXT drink*):ab OR (fluid* NEXT intake):ab OR (Rehydration NEXT solution*):ab OR (carbohydrate NEXT drink*):ab OR (carbohydrate NEXT solution*):ab OR (Glucose NEXT drink*):ab OR (glucose NEXT beverage*):ab OR (glucose NEXT solution*):ab OR (hypertonic NEXT drink*):ab OR (hypotonic NEXT drink*):ab OR (hypertonic NEXT solution*):ab OR (hypotonic NEXT solution*):ab OR (isotonic NEXT solution*):ab OR (isotonic NEXT drink*):ab OR (hypertonic NEXT beverage*):ab OR (hypotonic NEXT beverage*):ab OR (isotonic NEXT beverage*):ab OR (Hydro-electrolytic NEXT beverage*) OR (hydration NEXT strateg*):ab

OR (carbohydrate-electrolyte* OR "oral rehydration"):ab OR (carbohydrate-electrolyte* OR "oral rehydration"):ti

OR MeSH descriptor: [Beverages] this term only OR MeSH descriptor: [Rehydration Solutions] this term only OR MeSH descriptor: [Isotonic Solutions] this term only OR MeSH descriptor: [Fluid Therapy] this term only OR MeSH descriptor: [Glucose Solution, Hypertonic] this term only OR MeSH descriptor: [Isotonic Solutions] this term only OR MeSH descriptor: [Hypotonic Solutions] this term only

Context

(sport* OR exercis* OR Athlet* OR aerobic* OR Fitness OR Train* OR Perform* OR Kinesiology OR Play* OR exertion):ti OR (sport* OR exercis* OR Athlet* OR aerobic* OR Fitness OR Train* OR Perform* OR Kinesiology OR Play* OR exertion):ab

OR

((Physical NEXT activit*) OR (Physical NEXT condition*) OR (endurance NEXT exerc*)):ab OR ((Physical NEXT activit*) OR (Physical NEXT condition*) OR (endurance NEXT exerc*)):ti

OR MeSH descriptor: [Sports] this term only OR MeSH descriptor: [Exercise] explode all trees OR MeSH descriptor: [Physical Exertion] this term only