



RACE FUELING

First Look: Gatorade's New Sweat Patch Technology

We got an exclusive first look at Gatorade's newest invention—and it isn't fuel.



We got an exclusive first look at [Gatorade's](#) newest invention—and it isn't fuel. It's a sweat-collecting patch worn on the forearm during a training session. When you're done, you scan it with your phone so a special Gatorade app can tell you your sweat rate and sodium concentration. The app will then tell you what you need to take in now to recover, what you should use on a workout of similar intensity and weather conditions—for one or three-hour sessions—and what you should do nutritionally to prep for your next bike or run. Each sweat patch is single-use.

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