

## THE 100% ORANGE JUICE PLAYBOOK

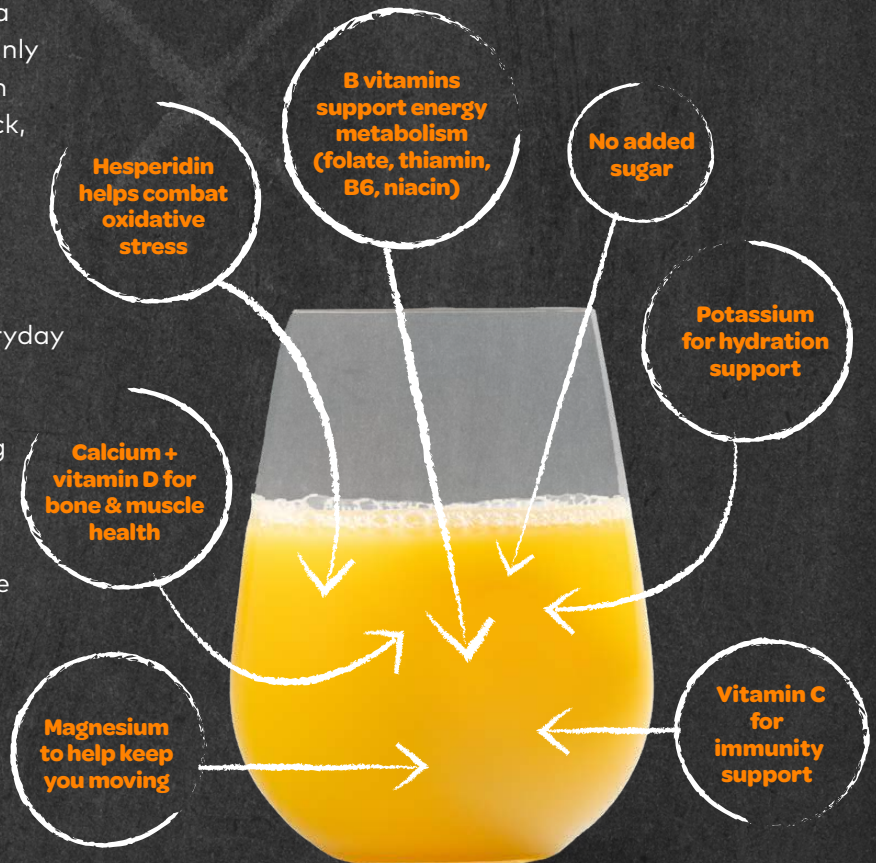
# Practical Performance Strategies with Florida Orange Juice

Simple ways to use 100% orange juice before, during and after exercise — plus how to communicate its benefits to athletes. Whenever and wherever you buy Florida Orange Juice, you show support for Florida Citrus growers.

Most people don't think of 100% orange juice as a "performance" drink, and tend to associate it mainly with vitamin C, but that's exactly why it's such an underrated go-to. 100% orange juice delivers quick, natural carbohydrates for energy, plus potassium to support muscle function and hydration, all without added sugar or artificial ingredients. It's simple, effective fuel for your body.

Where it really shines is how easily it fits into everyday routines. Blend it into a pre-workout smoothie with frozen mango and Greek yogurt for light, balanced fuel, or pair it with a pinch of salt during a workout to support hydration. It also works in overnight oats or protein bites for steady energy.

It's not flashy, but that's the point — 100% orange juice is an easy and effective way to support performance, whether you're training hard or just trying to keep your energy steady throughout the day. Nutrient-dense, hydrating and no added sugar — it's no wonder it's known as The Original Wellness Drink™.



## SAMPLE TRAINING RECIPES

1

### PRE-WORKOUT



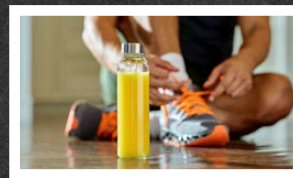
**60-90 minutes**  
before activity

Pre-workout smoothie made with Florida Orange Juice



2

### DURING



**>60 minutes,**  
prolonged activity

Florida Orange Juice Sports Drink



3

### RECOVERY



**<60 minutes**  
following activity

Florida Orange Juice Protein Bites or Overnight Oats



Scan the QR codes above for recipes featuring Florida Orange Juice that take fueling support beyond the glass!

# What does the research say?

## Addressing common questions with evidence-based insights.

**Can 100% orange juice help address nutrient gaps in athletes?** Yes! A recent study found that 100% orange juice can help fill common nutrient gaps, including vitamin C, folate, potassium and magnesium – and, when fortified, vitamin D and calcium – nutrients often underconsumed in active adults.<sup>1</sup>

**How does 100% orange juice provide hydration support?** Did you know 100% orange juice is nearly 90% water? Its high water content, along with naturally occurring electrolytes like potassium offer hydration support.

Research shows that drinking 100% orange juice can support post-exercise hydration similarly to water and sports drinks. The study results showed no difference between the beverages in taste preference, thirst level, hydration or gastrointestinal distress, making 100% orange juice a great option to support fluid balance with no added sugar.<sup>2</sup>

**Does drinking 100% orange juice have a negative impact if your athlete is trying to cut weight?** Current evidence does not support a direct association. Systematic reviews and research studies have found no association between 100% fruit juice intake and body weight in children or adults when consumed within total energy needs.<sup>3</sup> For athletes, it can serve as a nutrient-dense beverage to support training and performance.

**What role can 100% orange juice play in post-exercise recovery?** Hesperidin, a plant compound found primarily in citrus, has anti-inflammatory and antioxidant-like properties, supports vascular health and has been shown to reduce muscle fatigue in athletes – all of which may contribute to improved exercise recovery.<sup>4,5</sup> Additionally, 100% orange juice is a quick and convenient way to replenish glycogen stores following exercise.

**Are there specific benefits for female athletes?** Yes. 100% orange juice is an excellent source of vitamin C, which enhances non-heme iron absorption from plant-based foods and can help improve iron status. This is especially relevant for female athletes who may be at greater risk for iron deficiency.<sup>6</sup> Additionally, fortified varieties of 100% orange juice have calcium and vitamin D, which support bone health and muscle function and are especially important for female athletes who may be at risk of insufficiency.



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The Original  
Wellness Drink.™

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2. Kelly MR, Emerson DM, Landes EJ, Barnes ER, Gallagher PM (2020) Gastrointestinal Implications of Post-Exercise Orange Juice Consumption . *J Nutr Health Sci* 7(1): 101
3. Sakaki, J. R., Li, J., Melough, M. M., Ha, K., Tamimi, R. M., Chavarro, J. E., Chen, M. H., & Chun, O. K. (2021). Orange juice intake and anthropometric changes in children and adolescents. *Public health nutrition*, 24(14), 4482–4489. <https://doi.org/10.1017/S1368980020003523>
4. Qamar, M., & Khan, M. Z. (2025). Flavanones from *Citrus sinensis* L. (Fruit): A natural innovation for sports nutrition, health, and wellness formulations. *Premier Journal of Sports Science*, 3. <https://doi.org/10.70389/PJSPS.100009>
5. Fatah FF, Rukmana E, Emilia E, Firmansyah H, Rosmiati R. The effect of giving sweet orange juice (*Citrus sinensis*) on the fatigue level of football athletes. *Sport and Nutrition Journal*. 2025;6(2):Article. doi:10.15294/t30e7h22.
6. Tinsley, G. M., Hefner, M., Sapp, P., Townsend, J., Rodriguez, C., & Florez, C. (2026). Sex differences in nutrient gaps among active adults. *Journal of Nutritional Science*, 15, e5. doi:10.1017/jns.2025.10070