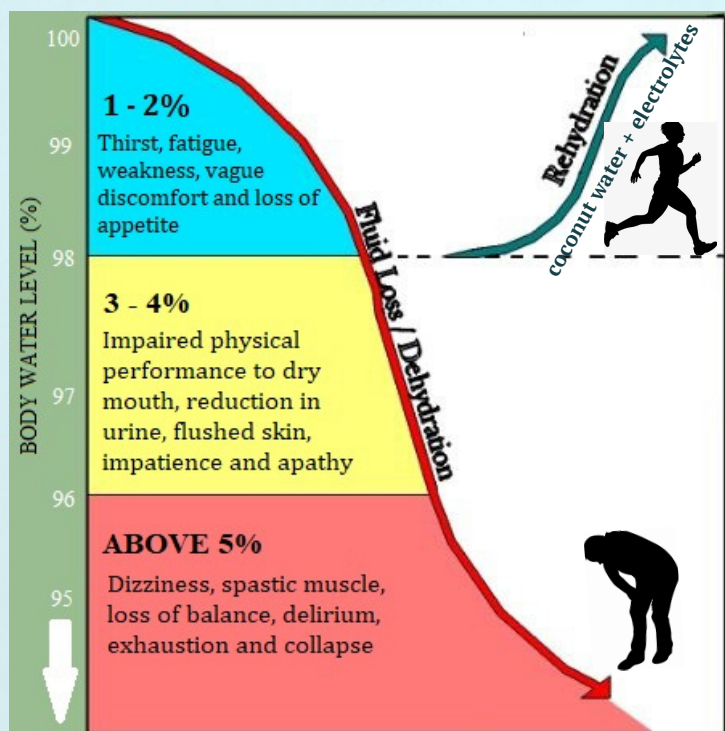


Rehydration with Coconut Water

Human bodies lose fluids everyday due to natural movements while working. As humans sweat, urinate, defecate and even breath, water is lost up to a maximum of 2.5 liters a day and need to be replenished to prevent dehydration. A good rehydration fluid such as coconut water is necessary to achieve balance and rapid recovery from fluid loss and provide the needed electrolytes to be absorbed by the bodies efficiently.

Source: Tetra Pak International, 2016



Adapted from Tetra Pak International, 2016

NUTRITIONAL CONTENT

Coconut Maturity Stage (Months)

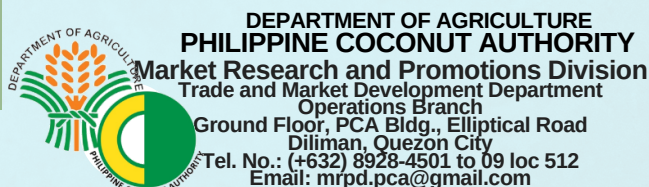
	5-6	8-9	>12
SUGAR (mg/ml)			
Fructose (mg/mL)	39.04	32.52	21.48
Glucose (mg/mL)	35.43	29.96	19.06
Sucrose (mg/mL)	0.85	6.36	14.37

MINERALS (mg)			
Potassium (mg/100mL)	220.94	274.32	351.1
Sodium (mg/100mL)	7.61	5.6	36.51
Magnesium (mg/100mL)	22.03	20.87	31.65
Calcium (mg/100mL)	8.75	15.19	23.98
Iron (mg/L)	0.294	0.308	0.322
Protein (mg/L)	0.041	0.042	0.217
Total phenolics compound (mg/L)	54	24.59	25.7

VITAMINS (mg/100g)	
Vitamin B1 (Thiamin)	0.030 mg
Vitamin B2 (Riboflavin)	0.057 mg
Vitamin B3 (Niacin)	0.080 mg
Vitamin B5 (Pantothenic acid)	0.043 mg
Vitamin B6 (Pyridoxine)	0.032 mg
Vitamin B9 (Folates)	3 µg
Vitamin C (Ascorbic Acid)	2.4 mg

AMINO ACIDS	% TOTAL PROTEIN
Alanine	2.41
Arginine	10.75
Aspartic Acid	3.6
Cystine	0.97- 1.17
Glutamic Acid	9.76- 14.5
Histidine	1.95- 2.05
Leucine	1.95- 4.18
Lysine	1.95- 4.57
Proline	1.21- 4.12
Phenylalanine	1.23
Serine	0.59- 0.91
Tyrosine	2.83- 3

Source: Tetra Pak International, 2016



Fuel

your Body and Mind

Rehydrate

with

COCONUT WATER



- ✓ **Refreshing**
- ✓ **Cholesterol free**
- ✓ **Fat Free**
- ✓ **Low Calorie Content**
- ✓ **Packed with Vitamins and Minerals**

Beverage from Mature Coconuts

Coconut water is the aqueous part of the edible endosperm of the coconut fruits. Fully mature coconut contains at least 250 grams of water. It contains 6% essential nutrients and 94% of water.

Source:Yong et al, 2009

Coconut water is used effectively as a natural beverage due to its low calorie and fat contents.

It is called "nature's sports drink" and dubbed as the "fluid of life" due to its unique contents: low amount of calories, carbohydrates and fats, and moderate levels of electrolytes i.e. potassium, magnesium and calcium.

Source:Tetra Pak International, 2016, (p) 19



What coconut water can do for you...

Boosts Hydration

Coconut water has hydrating properties that keeps the essential fluid in the body. It is low in acidity with well-balanced mineral and sugar contents which make it a potential beverage for rehydration.

Source:Prades et al,, 2011, (p) 101



Supplies Essential Electrolytes

Coconut water supplies essential electrolytes such as potassium, magnesium and calcium. These electrolytes transmit electrical charges in the body that help in muscle functioning.

Source:Tetra Pak International, 2016, (p) 19



Energizes Body and Mind

Coconut water is an isotonic drink. It helps in revitalizing and regaining energy after suffering from dehydration, fatigue, and exhaustion from daily activities.

Source:Prado et al., 2014



Reduces Blood Pressure

Coconut water contains high amount of potassium which may help lower blood pressure and potentially decrease the risk of blood clots forming in the arteries.

Source:Ramalingam, et. al.



Improves Digestion

Coconut water contains bio-active enzymes and dietary fibers that facilitate digestion and prevent the occurrence of acid reflux, diarrhea and constipation.

Source:Tetra Pak International, 2016, (p) 20



Aids in Urinary Tract and Bladder Problems

Coconut water is naturally diuretic. The high potassium content of coconut water increases the urge to urinate, flushing out toxins and cleans the urinary tract.

Source:Tetra Pak International, 2016, (p) 20



Regulates Blood Sugar Levels

Coconut water is a good source of magnesium which improves insulin sensitivity and decreases blood sugar levels of people with prediabetes and Type 2 diabetes.

Source:Ramalingam, et. al.



Delays Aging

Coconut water contains cytokinin hormone that regulates the aging of the human body. It restores strength and elasticity of the skin and reduces age spots, wrinkles and sagging.

Source:Prades et al,, 2011, (p) 100