

Coconut Water Excellent Sports Drink For Light Exercise



Coconut deserves its popular reputation as nature's sports drink, according to a new scientific analysis. The drink is perfect for those engaging in light exercise.

However people taking part to strenuous exercise just need to add a pinch of "table salt" to it in order to replace the sodium lost in sweat. Coconut water has 5 times more potassium than Sports drink present in the market. Potassium and Sodium are the most minerals lost while sweating during strenuous exercise.

Coconut water contains 1500mg/l of Potassium compared to 300mg/l in popular sport drinks. However it contains 400mg/l of Sodium compared to 600mg/l in sport drinks. It has comparable magnesium and carbohydrates as compared to the other sports drinks.

Coconut water is a natural drink that has everything your average sports drink has and more, just add to it a pinch of Sodium or Table salt when exercising strenuously.



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