

Water: an overlooked essential nutrient

[Science](#), [Chemistry](#)



Daily Recommendation

Working out in a calm climate makes one lose about 2-4 pounds of sweat, which is 2 percent of his/her body weight per hour. If the fluid is not replenished, it may lead to fatigue and reduced performance, a minimum of 8-9 cups in a day is recommended. The rest is not recommended more than three bottles in a day because they have a high level of sodium that causes dehydration (Mat tern, et. Al., 2011).

Nutrient Content

Water contains minerals and electrolytes like zinc, sulfates, nitrates, and calcium. Gatorade and powered contain contents like vitamins, sodium, potassium, carbohydrate calories, and sugars.

Sources

Water is obtained from surfaces or grounds, vegetables and frozen ice among others while sports drinks are only sourced from a shelf in a shop.

Cost

Water is free all over the world unless bottled and costs about \$4. 99-\$9. 99, Powerade costs about \$18. 99-40. 00 while Gatorade costs about \$12. 99-\$17. 99.

Advantages of Taking Water

The body comprises of 60% water and so, if one drinks, it helps to maintain the balance improves digestion, absorption, circulation, saliva creation, nutrient transportation and maintenance of body temperatures. Also, water helps to control high caloric levels.

In addition, drinking water energizes muscles and this reduces muscle fatigue, enhance skin functions as a protective barrier to prevent excess fluid

loss, and erase wrinkles.

Adequate hydration prevents constipation and enhances gastrointestinal tract flow hence maintaining normal bowel function while Gatorade is a flavored beverage that helps in rehydration and to replenish the combination of water, carbohydrates and electrolytes lost via sweat during exercises.

Powerade is a flavored sports drink and comprises of four main electrolytes in the same ratio that is lost in perspiration and these added electrolytes do not cause harm on the human body (Ward law & Smith, 2008).

Safety Levels

It is impossible to eradicate 100% of bacteria from water thus installing a good and sustainable filtration system which may eliminate 90-99% of harmful bacteria is essential, Gatorade advises its consumers that risk of dehydration and cardiomyopathies arises with increasing temperatures and advocates for reduced consumption during high temperatures as well as decreasing the workout days amount and this helps prevent heart strokes and heart cramps. Powerade is rich in sodium which can lead to dehydration if taken in excess like taking more than 3 bottles a day.