



# Coconut Juice is Nature's Sports Drink

## Coconut Juice is a Healthier Sports Drink

Research by Rabindarjeet Singh from the Sports Science Unit at the University of Malaysia has shown that fresh young coconut water is an effective tool for rehydration during and after exercise. The research, which was described in a 2004 research paper, showed that the rehydration rate of an athlete ingesting coconut water was similar to that of an athlete ingesting a sports drink. "The perception of taste is different before, during and after exercise. The athletes preferred the taste of the coconut water," said Rabindarjeet, who added that "the price of coconut water is generally cheaper than a sports drink."

Consumption of coconut water caused less nausea, fullness and no stomach upset. It was also easier to consume a larger amount of coconut water compared with carbohydrate-electrolyte beverage or a sports drink.

## Nutritional Highlights

- Coconut juice has more potassium per equivalent serving than a banana.
- Coconut juice is lower in calories than any popularly consumed fruit juice including grapefruit juice, and has 10% of the sodium found in tomato juice.
- Coconut juice, unlike other tropical juices, is alkaline so it doesn't upset the stomach.
- Coconut juice is low in natural sugars, containing about half of that found in orange juice and less than a third of grape and pineapple juices.

## Coconut Juice Health Benefits

Historically coconut juice has been known to:

1. Help restore the body's electrolyte balance because it resembles plasma in its salt concentration.
2. Act to normalize body temperature.
3. Promote urinary tract health because of coconut juice's anti-bacterial properties.
4. Help treat kidney and urethral stones.
5. Reduce intestinal disturbances in infants.
6. Aid digestion.
7. Act as a gentle diuretic.
8. Promote healthier skin.

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