Coconut water is a naturally occurring source that is available with a convenient, accessible and safe method. It is a beneficial substance that contains vitamins, electrolytes, and other important substances called phytohormones that support the body’s health (Yong, Ge, Ng, & Tan, 2009). It also has other health benefits that are small, charged particles in the body, such as sodium, potassium, and magnesium. Fluids and electrolytes must be replaced for performance to continue especially when no other choice is available.

**REFERENCES**


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