

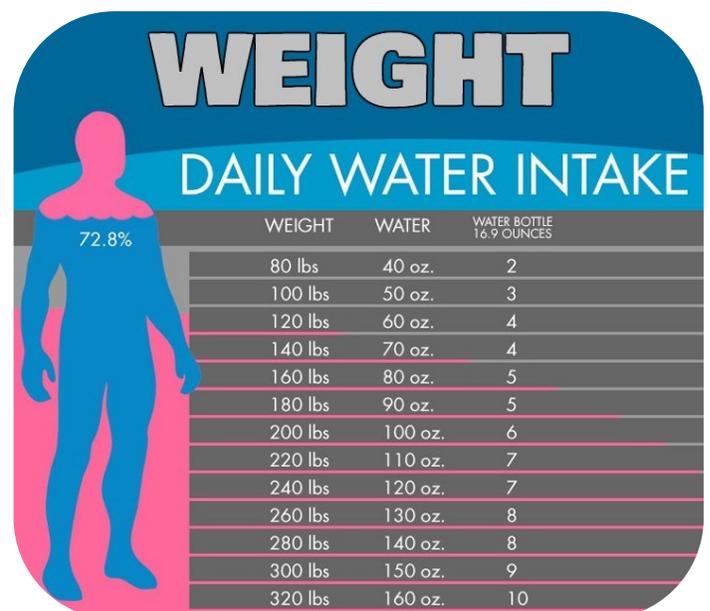
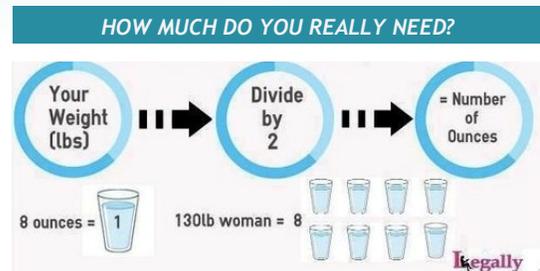
# Water Consumption and Caffeine!

The water you take in each day is more important than any other nutrient in your diet. Without it, you can quickly compromise your survival -- losing just 10 percent of your body's water content can lead to muscle spasms, delirium, heat stroke and collapse. The amount of water you should consume each day depends to some extent on factors such as your activity level and the temperature of your environment. Dietary factors such as caffeine intake also affects how much water you need. During moderate activity in moderately hot conditions, workers should drink about 1 cup every 15 to 20 minutes.

*Chart indicates additional water intake needed after consuming caffeine.*

200# individual that drinks a Monster would need: 100oz + 12oz = 112oz total water intake

Drink	Caffeine Intake (mg)	Additional Water Needed (oz)
Mountain Dew (12oz)	55	4
Red Bull (8.46oz)	80	8
AMP (16oz)	142	12
Coffee (Instant) (12oz)	144	12
Monster (16oz)	160	12
Full Throttle (16oz)	160	12
Rockstar (16oz)	160	12
5-Hour Energy (2oz)	200	16
Excedrin (1tb)	65	4



## Effects of Caffeine

The diuretic effect of caffeine increases your urine output. The more you drink in a short amount of time, the more water you could lose, especially if you are not used to caffeine. If you are exercising or are in a hot environment where you are already losing extra water due to perspiration, taking caffeine could magnify the potential for dehydration. For approximately every 100 milligrams of caffeine you consume - for instance, the approximate amount in one cup of coffee or two cups of black tea - you should drink an additional cup of water to compensate for the drug's diuretic effect.

# Too Much of a Good Thing

## Effects of Too Much Gatorade

Gatorade is a vitamin-enriched sports beverage which is used to re-hydrate athletes during and after sports. The sweet taste and convenience attract athletes and non-athletes alike to the many flavors of Gatorade. Though Gatorade is an excellent tool to provide athletes with important electrolytes lost during exercise, it should only be drunk in small amounts as needed. Drinking too much Gatorade can have serious health consequences.

## Vitamin Toxicity

Gatorade is fortified with a variety of different vitamins and minerals, including some fat-soluble vitamins such as vitamin A. Fat-soluble vitamins cannot be excreted from the body when they are consumed in quantities too large, so side effects may occur. Drinking too much Gatorade, and consuming much more than your recommended amount of vitamin A, can lead to vitamin toxicity, also known as hypervitaminosis A. The National Institutes of Health say that the symptoms of hypervitaminosis A include blurred vision, fatigue, headache and nausea.

### **A Good Rule of Thumb is:**

3(8oz) glasses of water for every 1(8oz) glass of Gatorade.



## Hyponatremia

"Runner's World" states that a very serious and sometimes deadly side effect of drinking too much is hyponatremia. Hyponatremia is an over-hydration of the cells which causes dangerously low sodium levels in the body. Although hyponatremia usually occurs when an athlete drinks too much water, "Runner's World" states that it can occur if an athlete drinks too much Gatorade as well. Many athletes feel that they are doing a good thing by re-hydrating with Gatorade, so they think more is better, but in reality, too much Gatorade could be dangerous.

## High Blood Pressure

One bottle of Gatorade has 800mg of sodium, which is 33 percent of your normal daily recommended intake, according to Calorie King. Drinking too much Gatorade, especially along with eating salty foods, may result in high blood pressure. The Centers for Disease Control and Prevention state that too much salt in the diet can lead to high blood pressure and eventually to health problems like heart attacks and strokes.