



WATER, SODIUM & POTASSIUM

1 Findings on Water, Sodium and Potassium

This information sheet refers to **"total water"**, which includes the water contained in beverages and the moisture in foods, to avoid confusion with drinking water only.

Total water intake at the reference level of 2 liters for adults, covers the expected needs of healthy sedentary people in temperate climates. Temporary under consumption of water can occur due to heat exposure, high levels of physical activity, or decreased food and fluid intake. However, on a daily basis, fluid intake driven by thirst and the habitual consumption of beverages at meals is sufficient for the average person to maintain adequate hydration

While concerns have been raised that caffeine has a diuretic effect, available evidence indicates that this effect may be transient, and there is no convincing evidence that caffeine leads to cumulative total body water deficits. Therefore, when it comes to meeting daily hydration needs, caffeinated beverages can contribute as much as non-caffeinated options.

2 Additional Findings on Salt and Potassium

The recommended intake levels for salt provide enough sodium to balance losses from sweat by people who are exposed to temperatures higher than what they are used to or who are moderately physically active. Endurance athletes and other very active individuals may need more sodium because they lose more in sweat from intense and prolonged physical activity.

Studies indicate that reduced consumption of salt coupled with increased potassium intake can blunt the age-related rise in blood pressure. Fruits and vegetables are both low in sodium and high in potassium. Among foods with the highest amounts of potassium per calorie are spinach, almonds, mushrooms, bananas, oranges, grapefruits, and potatoes.

People who have kidney dysfunctions that impair their ability to excrete potassium or who are on certain types of drug therapies should be under the supervision of a medical professional, who may recommend consuming less than the recommended 4.7 grams per day. Rand Water purifies drinking water through a conventional purification process, resulting in adequate sodium and potassium levels in your tap water (enough for your daily requirement), which is within SANS 241 water specifications.