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**Opinion on Jantar Water-/-**

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The issue of hydration of physically active people is one of the fundamental tasks of a sports dietitian. Dehydration can negatively influence the functional capacity both of those individuals who do endurance exercises and those who do high intensity training. Preferably, the source of liquids lost while sweating is the water coming from extracellular spaces, which is connected with a relatively high loss of sodium. The amount of electrolytes lost with sweat depends on the speed a physically active person sweats. The amount of particular elements of this composition varies hugely and depends on the intensity of exercises, environmental conditions and individual physiological predispositions. Scientific literature suggests that the only electrolyte that should be added to liquids drank while exercising is sodium. This cation stimulates the uptake of water and carbohydrates in the intestines, which facilitates maintaining the proper volume of extracellular fluids and enhances the process of supplying the body with energy.-/-

The issue of optimum content of sodium in liquids drank while exercising is debatable among scientists. They suggest that the concentrations of sodium in the extracellular liquid and the drinks consumed is rapidly levelled in the upper digestive track, hence, adding large amounts of sodium to drinks is not necessary (Schedl and others., 1994). However, through exercising some sportsmen can lose even as much as 3000 mg of sodium per litre of sweat. What is more, during an intensive workout in adverse environmental circumstances (e.g. in high temperature) the volume of liquids lost with sweat may exceed 2 litres per hour of continued physical effort. Nevertheless, it is worth noticing that these amounts (both of sodium and sweat) are subject to inter-individual variability. Therefore, it has to be remembered that some sportsmen will need a customised hydration strategy that will account for increased concentration of sodium in liquids drank during workout and competitions. Consulting a sports dietitian may appear helpful.-/-

Jantar Champion water contains 167 mg of sodium per litre which is far beyond the average level of sodium content in water brands available in the Polish market. This is why this water brand appears to be a very good choice for an active person (60-minute training in ambient environment).

The indisputable advantage of Jantar Champion water is also that it comes from an artesian source located in Kołobrzeg. This means that this water is isolated from groundwater, which results in minimum pollution. The proof for that can be found in the valid and independent laboratory tests of the physiochemical properties of Jantar Champion water.-/-

Another asset of this water brand is the iodine content of 60 micrograms per litre. In terms of recommendations of the Food and Nutrition Institute [*Instytut Żywności i Żywienia*] this amount covers 40% of the recommended daily intake people should get every day with food.-/-

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