

## DOST-ITDI develops isotonic drink for rehydration

Bicutan, Taguig City – The Industrial Technology Development Institute (DOST-ITDI) developed a coconut-based shelf-stable isotonic drink that helps rehydrates the human body during physical exertion and emergencies.

The drink helps prevent dehydration, maintains the body's balance of electrolytes, and supplies energy during or after heavy physical activities. It utilizes coconut water which is very rich in potassium, and contains a considerable amount of sodium, magnesium, and chloride.

The drink is slightly sweetened and mildly flavored with calamansi to provide a light, refreshing drink and is conveniently packed in a flexible pouch. It is naturally prepared with no preservatives or chemicals and is shelf-stable.

A serving of the isotonic drink (130 mL) is enough to provide the body with 5 grams of carbohydrates (45 calories), 87 mg sodium, 150 mg potassium, and 8 mg magnesium to promote rehydration.

The technology is now ready for transfer to interested parties. For inquiries, call or write: Ms. Nelia C. Florendo, Chief, Technological Services Division (TSD) at Tel.: (632) 8837-2071 to 82 ext. 2269/ 2270 or Email: [tsd@itdi.dost.gov.ph](mailto:tsd@itdi.dost.gov.ph).

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