

## Features and Benefits of “Buko”

The fresh buko juice actually comes from the water of young coconut. It gives the body alkalinizing due to its high potassium and contains other alkalinizing minerals like calcium and magnesium. It is excellent in replacing electrolytes or regenerating the body on a hot summer day.

Coconut is known as a wonder food for the reasons that it is nourishing and strengthening while it is used in all stage of maturity. The water of a tender green coconut (buko), generally as mineral water, is used as a beverage and as refreshment drink. A tender coconut, which fully grown and only one month old, contains about 400 to 465 c.c. of water. It contains sufficient sugar in an easily assimilable form. It is an excellent tonic to health. The water of a single coconut contains sufficient vitamins to meet the daily requirement of the body. And also, buko juice is also useful for those who have cholera, kidney problems, and urinary tract infection.

### ***As a Sports Drink***

In one hour sustained physical exercise, the body can lose up to three quarts of water through perspiration. In that water are small amounts of electrolytes mainly sodium, potassium and carbohydrates. To cope with loss is simple: drink water. But since the 1960's sporting enthusiasts have an alternative – the “isotonic drink”, containing not only water but also electrolytes and other mineral, plus vitamins, and complex polymer carbohydrates and amino acids.

<b>Component</b>	<b>Coconut Water (mg/100ml)</b>	<b>Sports Drink (mg/100ml)</b>
Potassium	298	11.7
Sodium	25	41
Chloride	118	39
Magnesium	10	7
Sugar	5	6

Unbeknownst to most, nature has already made perfect energy boosting drink. Coconut water is comparatively better than that of the commercial sports drinks in terms of nutrient contents.