

Coconut Water

Coconut water is the aqueous part of the edible endosperm of the coconut fruits. Fully mature coconut contains at least 250 grams of water. It contains 6% essential nutrients and 94% of water.

Coconut water is used effectively as a natural beverage due to its low calorie and fat contents. It is called "nature's sports drink" and dubbed as the "fluid of life" due to its unique contents: low amount of calories, carbohydrates and fats, and moderate levels of electrolytes, i.e. potassium, magnesium and calcium.

What coconut water can do for you:⁹

Boost hydration - Coconut water has hydrating properties and is low in acidity with well-balanced mineral and sugar contents.

Supply essential electrolytes - Coconut water supplies essential electrolytes such as potassium, magnesium and calcium.

Energize body and mind - Coconut water is an isotopic drink. It helps in revitalizing and regaining energy after suffering from dehydration, fatigue, and exhaustion from daily activities.

Reduce blood pressure - Coconut water contains a high amount of potassium which may help lower blood pressure and potentially decrease the risk of blood clots forming in the arteries.

Improve digestion - Coconut water contains bio-active enzymes and dietary fibers that facilitate digestion and prevent the occurrence of acid reflux, diarrhea and constipation.

Aid in urinary tract and bladder problems - Coconut water is naturally diuretic. The high potassium content of coconut water increases the urge to urinate, flushing out toxins and cleaning the urinary tract.

Regulate blood sugar levels - Coconut water is a good source of magnesium which improves insulin sensitivity and decreases blood sugar levels of people with prediabetes and Type 2 diabetes.

Delay aging - Coconut water contains the cytokinin hormone that regulates the aging of the human body. It restores strength and elasticity of the skin and reduces age spots, wrinkles and sagging.

In 2016, Philippine coconut water exports were valued at US\$62.40 million. The US, UK, and the Netherlands were the Philippines' top three markets for coconut water. The top five known Philippine brands are Lipa, Celebes, O.N.E., Tropicana and Zico.¹⁰



⁹ Coconut Product Brochures, Philippine Coconut Authority, www.pca.gov.ph. Accessed on 25 May 2020.

¹⁰ Industry Profiles, DTI-Export Marketing Bureau, www.tradelinephilippines.dti.gov.ph. Accessed on 25 May 2020.