



	<b>PRICE</b>	<b>PROS</b>	<b>CONS</b>
<b>COCONUT WATER</b> ✓	\$2 / 11 oz.	High in electrolyte and potassium, fat free, natural	Availability may be issue, bottled cost compared to water
<b>SPORTS DRINKS</b>	\$2 / 20 oz.	Offers electrolytes, many flavors	Artificial colors, high-fructose corn syrup, price
<b>WATER</b> ✓	NA	No calories, all natural, readily available to most	Lacks electrolyte-replenishing ability
<b>VITAMIN WATER</b>	\$2 / 20 oz.	Added vitamins, no sodium, no artificial ingredients	Calories and cost on par with sports drinks

✓ Recommended