

## Is vitamin water good for you?

vitamin water considered good for people suffering from vitamin deficiency diseases. The vitamin present in this water is easily and quickly absorbed into the body. Calcium in it helps in body's metabolism.&nbsp;

Many people in this world are suffering from vitamin deficiency diseases. They are looking for intake of vitamin in diet. One of the most populous drinks for them is vitamin water. It supplements their diet with vitamins. Moreover the vitamins are easily and quickly absorbed in the body.&nbsp;

### Glaceau vitamin water

Glaceau is the company started in 1996. Glaceau vitamin water is available in variety of flavors like formula 50 vitamin water, vital-t vitamin water, rescue green tea vitamin water, revive fruit punch vitamin water, power-c vitamin water, multi-v lemonade vitamin water, endurance peach vitamin water, lemon-lime vitamin water, stress-b vitamin water, defense vitamin water etc&hellip; Availability of various flavors of vitamin water provides a good range of taste to it.

The most important thing to know about them is that they have ultraviolet coated bottle and water remains fresh for 9 months. There is no chance of breaking down of vitamins in ultraviolet coated bottles.&nbsp;

### How is it useful?

Vitamin water is made by distilled water with natural flavors added in it. The people drinking it get the maximum effects of included vitamins and they are absorbed faster into the body providing you the better hydration. Moreover there is no problem of digestion of these vitamins as more than 80% of vitamins present in vitamin water are water soluble. These can be easily digested and remnants can be excreted off in urine.

Calcium and vitamin B present in it increases the body's metabolism. Lot of flavors available is really good and is better than soda water. Dieting candidates should know that there are 125 calories in each bottle that can easily be burnt by regular exercise. Hence the vitamin water can help in diet regulation by such diet conscious people by providing the necessary minerals and vitamin to the body.&nbsp;

### Stomach ache because of vitamin water

Some people reported getting upset stomach after drinking it, but the reason for stomach ache was deduced. It was concluded that vitamin water was rich in vitamins and they drank it without eating anything else. As their stomach was empty, there was nothing solid in it, so vitamins were digested quickly, leading to stomach ache.&nbsp;

### Vitamin water killed woman

Though the email campaign of vitamin water killed woman circulated that antifreeze in vitamin water has caused the miserable death of woman, but this wild rumor found no takers. It was only to spread dubiousness among its user. This rumor did not even receive any support from medical experts when they deduced that vitamin water was not the cause of woman's death.&nbsp;&nbsp;

Similarly other negative propagandas like vitamin water killed woman, vitamin water death etc&hellip; were considered the pieces of trash when the real reason was brought into light by the medical experts.&nbsp; No strong proof in favor of negative campaign has been found.&nbsp;

## About the Author

Vitamin water is considered a healthy drink. Several rumors like [vitamin water death](#) and [vitamin water killed woman](#), were heard but were soon discarded after the experts' advice in this regard. [Antifreeze in vitamin water](#) is found to be helpful in curative processes. All these negative propagandas are just considered the pieces of trash. Visit the website to enlighten yourself with the best authentic information available on vitamin water.

Source: <http://www.gmaestro.org>