



Fruit-Eze, Inc.
www.fruiteze.com
1-888-Regular

Forty-five to seventy-five percent of weight is attributable to the fluid content of the body. Water constitutes about fifty-five to sixty-five percent of that fluid weight.

So, how much fluid should you drink? Current trends in healthcare suggest that daily fluid intake estimates can be calculated based upon the weight of an individual.

This article explores bodily fluid volume and total body weight, provides a method for estimating fluid intake, and provides a table you can use to quickly estimate your daily fluid intake needs.

How Do the Moist Fibers in Fruit-Eze™ Benefit the Colon?

Unlike laxatives that can strip the body of fluids, the moist fibers in Fruit-Eze™ pure fruit regularity blend help to moisturize the colon and help the body to produce well formed stools that are moist, soft, flexible and easy to pass.

How Much of Total Body Weight is Water?

Forty-five to seventy-five percent of total body weight is made of fluids (water constitutes the bulk of these fluids). A small drop below this percentage of body fluid constitutes dehydration. The percentage varies from individual to individual and depends primarily upon the amount of body fat, age, and health.

Leaner people have a greater portion of water to total body weight because fat is basically water free. In a normal adult male, water to total body weight is about 65%. In a normal adult female, water to total body weight is about 55%. This is because females have more subcutaneous fat than males.

Total body water decreases with age. In the human life cycle, infants have the highest amount of water to total body weight.

The percentage of water to weight can also be influenced by the health of the individual. A person who is ill, and having trouble remaining hydrated, will experience a decrease in their normal water to total body weight.

When is the Best Time to Drink Fluids?

Drink anytime you feel thirsty. Drink fluids between meals. Drinking fluids during meals may thin down gastric juices slowing down digestive activity.

Drink fluids before, during and after exercise. Increase fluid intake when it is hot or humid outside to avoid heat exhaustion.

Note: Increased fluid intake when there is a significant loss in sodium (ie. from sweating heavily as from exercise or strenuous work), can result in over-hydration and water intoxication.

How Much Fluid is Required to Maintain Minimum Levels of Hydration?

Current trends in health care suggest that minimum fluid intake estimates can be calculated based upon the weight of an individual. To estimate your daily fluid intake needs, try using this formula:

1. Divide your body weight in half.
2. The resulting figure is the amount in fluid ounces you require to maintain minimum levels of hydration.
3. Drink this amount each day.
4. *Drink more* if you exercise, if the weather is hot, if you are sick (especially if diarrhea or vomiting are present), if you take medications daily, if you are nursing or pregnant, if you are under stress, or anytime you experience significant fluid loss.

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What if I Can't Drink This Much Fluid Everyday?

A gradual increase in your fluid intake over about two weeks will help your body (especially your bladder) to adjust.

You can get some of your fluid needs through the foods you eat as well as from the fluids you drink. However, fluid intake would be inadequate if you attempted to get all your fluid needs met from the foods you eat each day.

What foods have a high water content? Fruits and vegetables such as melons, oranges, grapes, pineapple, celery, lettuce, cucumber and tomatoes can all provide some of your daily fluid intake.

Can I Drink Something Other Than Water?

Yes. *In addition to water*, you can also drink other fluids such as fruit juice, fruit smoothies, vegetable juice, milk, soy milk, some sport drinks, soups, broth, and herbal tea. To make a home made "sport drink" blend half fruit juice and half water with a tiny pinch of salt.

Can I Estimate How Much Water My Body Contains?

Using the chart below, you can estimate the amount of water your body contains and how much fluid you may require to achieve optimal hydration.

To use the chart, identify a weight that is closest to yours. Then move to the next two columns to see an estimate of your water weight. Move to the next column to see the *total* suggested intake in fluid ounces. The last column shows what the suggested daily fluid intake would be if measured in an eight-ounce glass.

Can Fruit-Eze Help?

Yes. Fruit-Eze™ pure fruit regularity blend helps the body to produce moist, soft, flexible stools that are easy to pass without the risk of fluid loss that purgative laxatives can promote and without the risk of impactions from dry fiber laxatives.

Get Going...Naturally™.

*Article by Carole Engel
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If You Weigh...	And you are female, you may contain...	And you are male, you may contain...	Suggested Fluid Intake	In 8 oz Glasses
80 Pounds	44 Pounds of Water	52 Pounds of Water	40 oz	5 Glasses
100 Pounds	55 Pounds of Water	65 Pounds of Water	50 oz	6 Glasses
120 Pounds	66 Pounds of Water	78 Pounds of Water	60 oz	7 Glasses
140 Pounds	77 Pounds of Water	91 Pounds of Water	70 oz	8 Glasses
160 Pounds	88 Pounds of Water	104 Pounds of Water	80 oz	10 Glasses
180 Pounds	99 Pounds of Water	117 Pounds of Water	90 oz	11 Glasses
200 Pounds	110 Pounds of Water	130 Pounds of Water	100 oz	12 Glasses
220 Pounds	121 Pounds of Water	143 Pounds of Water	110 oz	13 Glasses
240 Pounds	132 Pounds of Water	156 Pounds of Water	120 oz	15 Glasses

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