

## **Are Liquid IV hydration packets safe for workers to use?**

As hydration products and trends come and go, some employers may want to know what's safe and unsafe for their employees to consume at work, especially those employees who spend lots of time in the summer heat. Liquid IV is one of the latest products to promise superior hydration to water—a misleading claim made by many drinks and drink additives before it.

Mixing one packet of Liquid IV with 16 ounces of water is a safe and effective way to hydrate, but that alone should not take the place of proper water intake. A typical worker in a controlled environment should consume 64-80 ounces of water per day. In a hot work environment, workers may need 16 ounces or more every hour to stay properly hydrated.

Liquid IV hydration packets have more flavor than plain water and contain some essential vitamins, nutrients and electrolytes like most sports drinks. In this way, they may help individuals who dislike plain water to stay hydrated. Still, Liquid IV is more expensive than plain water, and the taste is not for everyone.

The packets are safe to use, but the bottom line is that they should not be viewed as a better source of hydration than water. They do not provide more hydration per ounce.

Liquid IV also makes a product that contains about 100 mg of caffeine, which is not recommended for those working in a hot environment. Caffeine is a diuretic, meaning it promotes urination. Urinating more frequently means workers will need to hydrate even more aggressively than they already would in a hot environment. There is also some evidence suggesting that caffeine consumption promotes heavier sweating, which again means losing more water in heat.