

## The popular product in market- vitamin water

An extra addition of minerals and vitamins in our diet is gaining lot of importance now-a-days. So, the inclusion of vitamin water in our diet is generally recommended. The negative propoganda of vitamin water death were heard but had been proven wrong after the advice by medical experts

People are turning health conscious now-a-days. So the diet is supplemented with the minerals, vitamins etc&hellip;and fruit water, vitamin water, vitamin energy are becoming the choice of energy brands. All these products are made from vitamins and fruits, which are considered good for body&rsquo;s metabolism.&nbsp;

The inclusion of vitamins to the water was enhanced to provide the required nutrition to the body. In addition of it, both the vitamin and water play an important role in regulating the glow on the skin.&nbsp;

### Ingredients in vitamin water

Vitamin water includes vitamin B complex, antioxidant vitamin E and vitamin C. It includes distilled water with some flavors, antifreeze and vitamins. Many dieticians are considering it in the list of health drink as it provides proper hydration and is responsible for maintaining body&rsquo;s metabolism. Flavoring agents offer the variety of taste.&nbsp;

Vitamin water is included in the list of good hydration habits and healthy sustenance.

But there are objection to the heavy use of vitamin water as it has been revealed that there are following substance included in it. Chemical like citric acid Color pigments Flavors Antifreeze, ethylene glycol Sweetener, fructose Are these harmful?

Though there are some negative campaigns against vitamin water but majority of people do not believe them to be harmful when they come to know the real scenario. Antifreeze in vitamin water provides good nourishment along with aiding in some curative process and natural flavors are used to give it the specific taste. They are not at all harmful. Similarly, the citric acid used is the source of vitamin C.&nbsp;

### Spreading rumour

There are few rumors that spread across the world and brought the stampede in the world of soft drinks and vitamin water. Vitamin water killed women was recently heard, but medical experts declared this report baseless. Medically tested bottles of vitamin water were announced innocuous as no such life-taking toxin was found in it.

Later, this report was found true when the real cause of woman&rsquo;s death was announced. It was only negative propoganda of vitamin water death and that too were trampled under the medial declaration in favor of vitamin water. Studies proved that it was only a stunt by its competitors as it was deduced that the drink was beneficial and safe for health. Now these are considered not the facts but only the trash.

### A health drink

Several dieticians have declared vitamin water to be a healthy diet that can be complemented to fulfill the need of vitamins that the body is lacking. It only includes water soluble vitamins that are neither harmful nor difficult to digest but can be easily secreted off from the body along with the urine.&nbsp;

All the ingredients added are well thought of in regards to proper operation of the body and sufficient hydration.

## About the Author

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