



***nutrients***



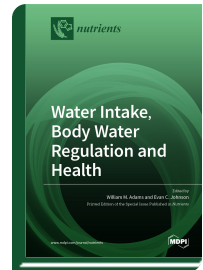
*Special Issue Reprint*

## **Water Intake, Body Water Regulation and Health**

[www.mdpi.com/books/reprint/2194](http://www.mdpi.com/books/reprint/2194)

Edited by  
William M. Adams  
Evan C. Johnson

ISBN 978-3-03928-656-0 (Softback)  
ISBN 978-3-03928-657-7 (PDF)



The purpose of this Special Issue, “Water Intake, Body Water Regulation, and Health”, is to present novel reviews and experimental data regarding hydration physiology and its implication in overall health. Water has previously been dubbed the forgotten nutrient due to humans’ and animals’ ability to subsist seemingly unchanged across a wide range of daily water intakes. However, with the introduction of stressors such as exercise, diseased states, and/or chronic high or low water intake, the homeostatic signals related to body water regulation can influence organ and whole-body health. This Special Issue will discuss water intake, the scientific rationale surrounding the U.S. and European water intake guidelines, homeostatic mechanisms, diseases related to dysfunction of water regulation, and differences in the volume and the vehicle in which the water is contained (i.e., plain water versus mixed beverages) on water intake during and following exercise. The aim is to continue discussion surrounding water, the previously forgotten nutrient, and highlight the importance of water in daily life.



Order Your Print Copy  
You can order print copies at  
[www.mdpi.com/books/reprint/2194](http://www.mdpi.com/books/reprint/2194)

MDPI Books offers quality open access book publishing to promote the exchange of ideas and knowledge in a globalized world. MDPI Books encompasses all the benefits of open access – high availability and visibility, as well as wide and rapid dissemination. With MDPI Books, you can complement the digital version of your work with a high quality printed counterpart.



## Open Access

Your scholarly work is accessible worldwide without any restrictions. All authors retain the copyright for their work distributed under the terms of the Creative Commons Attribution License.



## Author Focus

Authors and editors profit from MDPI's over two decades of experience in open access publishing, our customized personal support throughout the entire publication process, and competitive processing charges as well as unique contributor discounts on book purchases.



## High Quality & Rapid Publication

MDPI ensures a thorough review for all published items and provides a fast publication procedure. State-of-the-art research and time-sensitive topics are released with a minimum amount of delay.



## High Visibility

Due to our global network and well-known channel partners, we ensure maximum visibility and broad dissemination. Title information of books is sent to international indexing databases and archives, such as the Directory of Open Access Books (DOAB), and the Verzeichnis Lieferbarer Bücher (VLB).



## Print on Demand and Multiple Formats

MDPI Books are available for purchase and to read online at any time. Our print-on-demand service offers a sustainable, cost-effective and fast way to publish MDPI Books printed versions.