SODIUM AND OUR BEVERAGES

Sodium is an essential nutrient, also known as an electrolyte, that is required to maintain the body’s fluid and electrolyte balance. Health authorities believe that a high sodium intake increases the risk for high blood pressure and cardiovascular disease. The level of sodium in the majority of our products is minimal and comes predominantly from the sodium in the water used to produce our beverages. Most of our sparkling and still beverages can be labeled as “low sodium” or “very low sodium” where permitted by national laws or regulations. We add sodium to sports drinks because it helps support hydration. In many countries, depending on the regulatory approach, we declare sodium content on the product label as part of nutrition labeling.

**FAQ:**

Q: What is The Coca-Cola Company doing to address sodium reduction?

- Our sparkling and still beverages are inherently low or very low in sodium (except for vegetable juices such as tomato and vegetable juice cocktail products). Sodium reduction is not justified in sports drinks.
- The World Health Organization’s (WHO) Global Strategy on Diet, Physical Activity and Health recommends reduction in sodium intake among populations worldwide to reduce high blood pressure and prevent risk of stroke and cardiovascular disease. WHO, 2004. Many governments worldwide are calling for reduction in sodium intake by individuals. Examples include Australia, Canada, New Zealand, United Kingdom, and the U.S.

Q: How much sodium is in sparkling or still beverages made by The Coca-Cola Company?

- Our sparkling and still beverages are inherently low or very low in sodium (except for vegetable juices such as tomato and vegetable juice cocktail products). Sodium reduction is not justified in sports drinks.

Q: Where does the sodium in your beverages come from?

- Most of the sodium comes from the water used to produce the beverage. The total amount of sodium in most of our still and sparkling beverages is only a small percentage of suitable daily intake recommendations by numerous national, supranational, and global health authorities. We add sodium to sports beverages because it helps support hydration.

Q: Why do you add sodium to sports drinks?

- Sodium is an important electrolyte included in the formulation of sports drinks to help support hydration, by helping replace the water lost when the body sweats during intense physical activity.

Q: How much sodium is in sparkling or still beverages made by The Coca-Cola Company?

- Our sparkling and still beverages are inherently low or very low in sodium (except for vegetable juices such as tomato and vegetable juice cocktail products). Sodium reduction is not justified in sports drinks.

Q: What causes water retention?

- There are many factors and conditions that can result in a person retaining excess fluid in the body. People who notice that they are retaining excess fluid should consult their healthcare providers for diagnosis and treatment. Often, people with medical conditions which result in fluid retention are advised to restrict sodium in their diets and are referred for nutrition counseling as to how they should adapt their diets.

**Key Facts:**

- Sodium is an essential nutrient, also known as an electrolyte. Sodium is required to maintain the body’s fluid and electrolyte balance. IOM, 2004.
- The World Health Organization’s (WHO) Global Strategy on Diet, Physical Activity and Health recommends reduction in sodium intake among populations worldwide to reduce high blood pressure and prevent risk of stroke and cardiovascular disease (WHO, 2004). A 2003 WHO expert consultation panel recommended less than 2,000 mg of sodium per day as a population nutrient intake goal (WHO, 2003). Many nations set their own sodium intake recommendations.
- Most of our sparkling and still beverages can be classified as “low sodium” or “very low sodium” by governments that permit these types of claims.
- Our Coca-Cola brands of sparkling beverages contain small amounts of sodium, less than 35 mg of sodium per 8-fluid-ounce serving (240 mL). Most of the sodium in our beverages comes from the water used to produce the beverage. SIDEGRAPHS SHOULD ADD INFO ABOUT THE SODIUM CONTENT OF THEIR OWN BRANDS.
- We add sodium to sports drinks because it helps support hydration.

**References:**


**SODIUM**