

Is Sparkling Water More Hydrating Than Still Water?

Sparkling water is often perceived as healthier or more hydrating simply because it feels different to drink. In reality, this is a common misconception. Sparkling water and still water hydrate the body in exactly the same way. The only difference is that sparkling water contains added carbon dioxide, which creates bubbles.

Carbon dioxide does not reduce hydration, nor does it provide extra hydration benefits. From a hydration perspective, both sparkling and still water perform the same. There is also no inherent negative health effect from carbon dioxide in sparkling water for most people. It does not dehydrate you or damage your health simply because it is carbonated.

The choice between sparkling and still water comes down to preference, not performance. If bubbles make drinking water more enjoyable for you, sparkling water is a perfectly fine option. The takeaway is simple: drink the water you enjoy most. Just don't expect sparkling water to hydrate you more or less than still water.