



**CALIFORNIA STATE SCIENCE FAIR
2015 PROJECT SUMMARY**

Name(s) Emily J. Alexander	Project Number S1202
Project Title Think Before You Drink: A Closer Look at Vitamin Water	
Abstract Objectives/Goals My purpose of this experiment was to find out if Vitamin Water is unhealthy for you, and how if it dehydrates the body in relation to Coke, and other drinks. Methods/Materials My basic set up included six rodent cages, newspaper, and a highly sensitive scale. I would periodically weigh the newspaper to measure urination rates of 40 mice. Results I measured mice urination levels over a seven day period and observed energy levels to find that the Orange-Orange Vitamin Water, high in Vitamin C, caused the most urination followed by Coke, Dragon Fruit Vitamin Water, Water, then Orange Juice. Conclusions/Discussion The numbers taken from the vitamin water cages and the coke cages were extremely similar, proving that vitamin water is just as bad for a body as coke, nutrient wise. These drinks can cause an unhealthy amount of urine, especially when drank one or multiple times a day, depleting the body of vitamins and urinating out the excess sugar, often dehydrating the body. Excess sugar consumption also causes a health issue that makes it hard for the kidneys to function properly. My data supported my hypothesis that the mice drinking coke and vitamin water will produce the most amount of urine.	
Summary Statement My project is about showing how Vitamin Water dehydrates the body because of the high sugar levels in the drink.	
Help Received advice from Dr. Edward Putnam, DVM	