

**dehydration.** A state in which the body contains a lower than normal amount of body fluids.

**diuretic.** A substance that increases urine production.

**extracellular water.** The water outside the cells.

**fortified water.** Water that has been enhanced with specific nutrients or supplements intended to aid or improve health or energy outcomes.

**intracellular water.** The water inside body cells.

**lubricant.** A substance that reduces friction between surfaces.

**reactant.** A substance that enters into a chemical reaction and is changed by it.

**solvent.** A liquid in which substances can be dissolved.

**water intoxication.** A rare condition caused by drinking too much water and consuming too few electrolytes.