

## Does Sparkling Water Hydrate You As Well As Regular Water?

This scientific research gives a clear-cut answer.

By Alexandra Emanuelli



As the weather heats up and we all begin looking for delicious (and healthy) ways to stay hydrated, a couple persistent questions come up: Is sparkling water actually hydrating, and is it as good for us as plain water?

Downing glasses of sparkling water can feel a little bit like cheating, because its effervescence is so similar to that of sugary soda. And with [\\$1.8 billion sold in 2017](#) (thanks in large part to America's current [obsession with La Croix](#)), it looks like lots of us enjoy the bubbly stuff.

The [CDC recommends drinking sparkling water](#) as a healthy alternative to soda and other high-calorie beverages, but is it really hydrating us just as well as a plain glass of still water?

While there are many brands, flavors and choices on the market, for the purpose of this article, we're talking about unflavored sparkling water, or seltzer, which is simply water that has had pressurized carbon dioxide dissolved into it. The carbon dioxide is what creates that effervescence, or the bubbles, making sparkling water seemingly so much more fun than plain tap water.

A number of myths have been floating around the internet on the subject of sparkling water and its negative side effects. Now to dispel a few.

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