**We claim:**

1. ~~The~~ A tri-valent chromium and boron fortifying health composition for health comprising:
   - boron source;
   - trivalent chromium source;
   - copper ion source;
   - potassium sorbate, a class II preservative (202); and
   - citric acid, an ~~Acidity~~ acidity regulator (330)

   wherein
   - boron source is in an amount of ~~about~~ 44.2% to 45.5 % by weight;
   - trivalent chromium source is in an amount of ~~about~~ 0.17 % to 0.20 % by weight;
   - copper ion source is in an amount of ~~about~~ 32 % to 35 % by weight;
   - class II preservative (202) potassium sorbate is in an amount of ~~about~~ 15.5 % to 16.5 % by weight;

     and
   - ~~Acidity~~ acidity regulator (330) citric acid is in an amount of ~~about~~ 3.95 % to 4.15 % by weight.

2. The trivalent chromium ~~&~~ and boron fortifying health composition as claimed in claim 1, wherein the ratio of the elemental chromium to the elemental Copper is maintained at 1:100.

3. The trivalent chromium ~~& -~~and boron fortifying health composition as claimed in claim 1, wherein the ratio of the elemental Boron to the elemental Copper is 67.5:1.

~~4. The trivalent chromium & boron fortifying health composition as claimed in claim 1, wherein the trivalent chromium source is Chromium 454.~~

~~5.~~4. The trivalent chromium ~~&~~ and boron fortifying health composition as claimed in claim 1, wherein the boron source is calcium fructoborate.

~~6.~~5. The trivalent chromium ~~&~~ and boron fortifying health composition as claimed in claim 1, wherein the copper ion source is copper sulphate.

~~7. The trivalent chromium & boron fortifying health composition as claimed in claim 1, wherein the class II preservative (202) is potassium sorbate.~~

~~8. The trivalent chromium & boron fortifying health composition as claimed in claim 1, wherein the acidity regulator is citric acid.~~

~~9.~~6. The trivalent chromium ~~&~~ and boron fortifying health composition as claimed in claim ~~1~~4, wherein the calcium fructorbate is ~~preferable~~ in an amount of 44.64 % or 27.5 mg per liter.

~~10.~~7. The trivalent chromium ~~&~~ and boron fortifying health composition as claimed in claim 1, wherein the ~~Chromium 454™~~ trivalent chromium source is ~~preferable~~ in an amount of 0.17 % or 0.105 mg per liter.

~~11.~~8. The trivalent chromium ~~&~~ and boron fortifying health composition as claimed in claim 1, wherein the Copper Ion Source is ~~preferable~~ in an amount of 34.9 % or 21.5 mg per liter.

~~12.~~9. The trivalent chromium ~~&~~ and boron fortifying health composition as claimed in claim 1, wherein the class II preservative (202) potassium sorbate is ~~preferable~~ in an amount of 16.23 % or 10 mg per liter.

~~13.~~10. The trivalent chromium ~~&~~ and boron fortifying health composition as claimed in claim 1, wherein the acidity regulator (330) citric acid is ~~preferable~~ in an amount of 4.06 % or 2.5 mg per liter.

~~14.~~11. ~~The~~ A hydration supplement comprising the trivalent chromium and boron fortifying health composition for health as claimed in any of the preceding claims 1-~~5~~4, wherein said ~~the~~ composition is present in an amount of ~~about~~ 0.0006 % by weight such that the amount of tri-valent chromium source in the composition is 0.17 % to 0.20% by weight ~~and~~ , the amount of boron source in the composition is ~~about~~ 44.2 % to 45.5 % by weight~~.~~ and ~~The~~ the amount of copper source in the composition is ~~about~~ 32 % to 35 % by weight.

~~15.~~12. The hydration supplement as claimed in claim ~~14~~11, wherein said supplement is liquid or semi solid selected from the group comprising of aerated drinks, treated water~~,~~ and juices~~, etc~~.

~~16.~~13. A water beverage, comprising treated water and fortifying tri-valent chromium and boron composition for health as claimed in any of the preceding claims 1 to ~~6~~5, wherein, said beverage comprises ~~about~~ 0.063 to 0.675 mg/litre boron, ~~about~~ 0.007 to 0.011 mg/litre tri-valent chromium and ~~about~~ 0.8 to 1 mg/litre copper.

~~17.~~14. The water beverage as claimed in claim ~~16~~13, wherein said water beverage comprises chromium in an amount of ~~about~~ 0.7 to ~~about~~ 1.2 mcg/100 ml.

~~18.~~15. The water beverage as claimed in claim ~~16~~13, wherein said water beverage comprises boron in an amount of ~~about~~ 63 to ~~about~~ 97 mcg/100 ml.

~~19.~~16. The water beverage as claimed in claim ~~16~~13, wherein said water beverage comprises copper in an amount of ~~about~~ 0.08 to ~~about~~ 0.12 mg/100ml.

~~20.~~17. The water beverage as claimed in claim ~~16~~13, wherein said water beverage is neutral, colourless, odourless and requires no added flavour or sweeteners to mask ingredients.

~~21.~~18. A process of preparing the water beverage as claimed in claim 17, fortified with tri-valent chromium and boron fortifying health composition for health comprising the steps of:

- effective treatment and sterilization of source water;
- fortifying said treated water with the trivalent chromium and boron fortifying composition.