Potassium	mg	12	12	12	12
Calcium	mg	4.6	4.6	4.6	4.6
Magnesium	mg	1.2	1.2	1.2	1.2

[0088]

Measured average water absorption rates are shown in Fig. 10. The above whey peptides-containing beverages having glucose concentrations ranging from 0.5% to 2.5% exhibited good water absorption rates, however, almost no water absorption was observed in the case of glucose concentration of 5%.

[0089]

(Example 8) Osmotic pressure measurement

The beverages used for the tests in Examples 1, 2 and 4 to ~~6~~ 7 were subjected to osmotic pressure measurements using an osmotic pressure analyzer OM-6060 (ARKRAY, Inc.). The results are shown in Table 8.

Table 8

	Beverage	Osmotic pressure (mOsm/kg H_2O)	Average water absorption rate (μL/min)
Commercial product or base	Aqua Support	256	—
	Pocari Sweat	349	—
	Hypotonic beverage (base before the addition of amino acid or peptide)	53	—
	CCD drink	150	—
	OS-1	275	—
Example 1	Valine-containing beverage	74	269
	Leucine-containing beverage	75	270
	Isoleucine-containing beverage	75	249
	Glycine-containing beverage	76	238
	Alanine-containing beverage	74	316
	Glutamic acid-containing	74	222