10. The oral rehydration composition of any of claims 2-9, wherein the composition has an osmolarity less than 250 mOsm/L when mixed with water.

11. The oral rehydration composition of any preceding claim, comprising about 1400 mmol/L sucrose.

12. The oral rehydration composition of any preceding claim, comprising between 1% w/w sodium and 3.5% w/w sodium.

13. The oral rehydration composition of any preceding claim, comprising between 50 meq/L sodium and 70 meq/L sodium.

14. The oral rehydration composition of any preceding claim, comprising between 0.1% w/w chloride and 0.7% w/w chloride.

15. The oral rehydration composition of any preceding claim, comprising about between 0.1% w/w chloride and 0.66% w/w chloride.

16. The oral rehydration composition of any preceding claim, comprising between 3 meq/L chloride and 5 meq/L chloride.

17. The oral rehydration composition of any preceding claim, comprising a ratio of sodium to chloride of 7:1.

18. The oral rehydration composition of any proceeding claim, wherein the composition has an osmolarity between 230 mOsm/L and 240 mOsm/L.

19. The oral rehydration composition of any preceding claim, comprising less than 0.1% glucose.

20. The oral rehydration composition of any preceding claim, comprising less than 20% fructose.

21. The oral rehydration composition of any preceding claim, wherein the amount of sodium does not equal the amount of glucose.

22. The oral rehydration composition of any preceding claim, comprising between 20% w/w citric acid or citrate and 30% w/w citric acid or citrate.

23. ~~A method of treating or preventing dehydration in a subject in need thereof, comprising administering to the subject~~ Use of a composition of any preceding claim, in the manufacture of a medicament for treating or preventing dehydration in a subject in need thereof.

24. The ~~method~~ use of any of claims 23, wherein the subject is an athlete.

25. The ~~method~~ use of any of claims 23, wherein the subject is a child.

26. The ~~method~~ use of any of claims 23, wherein the subject is suffering from diarrhea.

27. The ~~method~~ use of any of claims 23, wherein the subject is suffering from cholera.