



# Handbook of Functional Beverages and Human Health (Nutraceutical Science and Technology)

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Functional beverages are non-alcoholic drink products that are ready to drink and include non-traditional ingredients in their formulation. Sports and performance drinks, energy drinks, ready-to-drink teas, enhanced fruit drinks, soy beverages, and enhanced water are examples of functional beverages being marketed for their health benefits that go beyond general nutrition?increased hydration, energy, health and wellness, and weight management. This book discusses the current trends and global regulations in the area of functional beverages. It then provides the latest information on a large number of common and exotic beverages.

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