

## **Abstract**

The bachelor's thesis discusses mineral waters from a natural or healing mineral source. The first part of the work deals with the importance of fluids for the human organism with an emphasis on the importance for athletes. It deals with essential aspects not only in terms of quantity but above all the quality of the fluids we drink. Legislation regarding bottled waters and healing mineral waters is mentioned here. The following part of the work is a list of natural mineral waters and healing mineral waters that are on the market in the Czech Republic. The work continues with information on consumer behavior, including a chapter on possible health benefits for regular consumers. An important part of the work is also the evaluation of the significance of the individual minerals contained in these waters (sodium, potassium, magnesium, calcium, chlorine and fluorine) and their effects in the human body, deficiency conditions for these ions and the content of these ions in specific mineral waters. The importance of mineralization of water intake for athletes is also discussed there with more details.

The practical part of the work, is in the form of a short questionnaire. The practical part tried to find out what the athletes' knowledge is about the influence of the drinking regime and the quality of the drinks they consume on their health and sports performance. The purpose of the questionnaire was to look into preferences in the choice of drinks and the reason for these preferences. The results showed that the most frequently consumed drink by athletes is tap water. Tap water in the results was followed by caffeinated drinks (including coffee), then ionic drinks, and in fourth place ended mineral waters.

**Key words:** natural mineral water, healing mineral water, ions, drinking regime, fluid loss through sweat