Tai and Joy et al. investigated the impact of 3 drinks (water, essential amino acids and electrolytes and CHO and electrolytes) on hydration. The study was well controlled and addresses an important question. The authors found no differences existed for fluid retention, urine or drink volume at any time point, yet USG returned to baseline during the EA trial. This suggested that EA supplement may enhance cellular rehydration rate compared to an EC or FW beverage in healthy men and women after acute dehydration of around 2% body mass loss. The authors conducted a stellar study and should be commended.

**Quality of written English:** Acceptable

**Statistical review:** No, the manuscript does not need to be seen by a statistician.

**Declaration of competing interests:**

I have no competing interests.