Cirkul Commonly Asked Questions/Responses

**How to Enjoy** - Wash your Cirkul bottle with warm water and dishwashing liquid and rinse thoroughly. Fill your bottle with drinking water and attach the lid. Open the flavor cartridge and insert it in the lid opening by turning it clockwise into place. Turn the dial on the flavor cartridge to adjust the flavor up or down. A good starting place in around 3 on the dial. Open the cap, tip the bottle up and drink from the bottle like you would from a straw. If you want more flavor, turn the dial to a higher number. If you want less flavor, turn the dial to a lower number.

**How Many Refills** - The amount of water flavored by one Cirkul flavor cartridge depends on the setting you prefer. The lower the setting, the longer the flavor will last. But, at a setting of around 4 you will get about 6 bottles of flavored water in the 22oz bottle. If you set the dial between 2 and 3 you will get about 7 to 8 refills. If you turn up the dial to 8 or 9 even for a single drink, you will dramatically reduce the amount of flavor left in your Sip. So, turn the dial slowly and taste as you go.

**How Soon to Use a Sip** - If you're ready to switch up your Sip blend but still have some tasty flavor in it and want to save it for later - no worries! Cirkul sells a Sip Safe that offers a convenient way to keep your Sips safe and clean when swapping them on the go! The Sip Safe is made from high-quality, BPA-free plastic, and features dual magnetic locking clasps, opening from both ends for easy hand-washing. Check it out on the products page at [https://drinkcirkul.com/products](https://drinkcirkul.com/products)

You can also store open Sips in a plastic bag or container. Refrigeration is not necessary, but you can place open Sips in the refrigerator if you prefer. Cirkul recommends using a Sip within 10 days of opening it. Please let us know if you have any questions.

**Ice in bottle** - You can definitely keep ice in your bottle if you prefer your water ice-cold. The only thing we do not recommend is putting your bottle or Sips in the freezer -- that is just a little too chilly for them!

**Other than water** - Cirkul was created to be used with regular still water, and you are able to add sparkling water to the bottle if that’s what you desire! However, that is all we recommend as other liquids may not mix well with our delicious flavor blends.

**Ingredients** - Cirkul wants to make sure they are offering the healthiest and safest ingredients. You can find a full nutrition and ingredients list on their products page by clicking on the flavor pack and then selecting “Nutritional Info and Ingredients” on their products page at [drinkcirkul.com](http://drinkcirkul.com)

Cirkul Sips are divided into six different categories:

- **LifeSips** contain B vitamins
- **FitSips** contain B vitamins and electrolytes
- **GoSips** contain caffeine
- **PureSips** contain no added sweetener
- **TeaSips** contain caffeine
- **BrewSips** contain caffeine

   Some of the flavors are sweetened with Sucralose: Fruit Punch, Sweet Tea with Lemon, Coconut Pineapple, Raspberry Lemonade, Mixed Berry, Orange Tangerine, Strawberry Watermelon, Black Cherry, Peach Tea, Raspberry Tea, Classic Iced Coffee, Caramel Iced Coffee, Mocha Iced Coffee, Vanilla Iced Coffee, Tropical Blast, White Cherry, Grape, Green Apple, Strawberry Kiwi, Lemonade, Peach Mango, Watermelon, Citrus Twist, Orange, Blackberry, and Cherry Limeade.

   Some of the flavors are sweetened with Stevia: Lemon Lime, Berry Pomegranate, Strawberry Lemonade, Blueberry Cranberry, and Mango Grapefruit.
Some of the flavors have no added sweetener: Raspberry, Lemon, Peach, Tangerine, Apple, Cucumber, Pear, and Pineapple.
All of the flavors are 0 calories, and are 0 carbs with the exception of the Raspberry Lemonade, Classic Iced Coffee, Caramel Iced Coffee, Mocha Iced Coffee, Vanilla Iced Coffee, Raspberry Tea, and Peach Tea which contain 1g (0% DV)!
There are different amounts of caffeine in the GoSips, TeaSips, and BrewSips:
- There's 390 mgs of caffeine in a GoSip and that works out to about 65 mgs of caffeine in the GoSips per bottle when the dial is set at 4 which will get you roughly 6 bottles worth.
- There's 260 mgs of caffeine in a TeaSip and that works out to about 43 mgs of caffeine in the TeaSips per bottle when the dial is set at 4 which will get you roughly 6 bottles worth.
- There's 390 mgs of caffeine in a BrewSip and that works out to about 65 mgs of caffeine in the BrewSips per bottle when the dial is set at 4 which will get you roughly 6 bottles worth.

**Bottle** - The Cirkul bottle is made of 100% BPA-free, shatter-proof premium plastic, It is considered #7 plastic. Cirkul uses BPA and BPS-free Tritan shatterproof plastic for their bottles. Tritan is not manufactured with BPS or any other bisphenol compound that would be chemical analogs of BPA.

The flavor cartridges are made of 100% BPA-free #5 plastic (food-safe polypropylene) and the inside of the cartridge contains a food grade foil pouch.

**Recycling** - Cirkul flavor cartridges are made of recyclable material. Please check with your local jurisdiction on recycling regulations. You can visit [www.DrinkCirkul.com/Recycling](http://www.DrinkCirkul.com/Recycling) for step by step instructions on how to separate pieces of a Sip into the correct bin.

One Cirkul flavor cartridge is equivalent to six 20 oz. bottled beverages - that's a 98.8% reduction in shipment weight and 99.6% reduction in shipment volumes. To put that in perspective, one truckload of Cirkul cartridges is equivalent to 25 truckloads of a standard 20 oz. bottled beverage! This dramatically decreases carbon emissions which has a greater impact on the environment.

**Drips** - This is an easy fix and we're happy to get it all figured out for you! The mixing of flavor and water occurs inside the mixing chamber and each flavor cartridge has a 1-way valve so flavored water won't go back into the bottle. This is so you only flavor your water sip by sip and the water down inside the bottle remains unflavored.

If all of the water is not pulled out of the spout as you drink, water may get trapped in the spout (because of that 1-way valve) and can eventually pool on top of the spout or leak over the edge. All you need to do is clear out the spout after you take a sip! To do that when you're drinking just continue to sip as you tilt the bottle down so that you pull out all the water from the spout!

**Lid Squeak** - The air valve in the top of your lid may be a bit stiff when you first start using it. No worries! There are a couple of easy tips that will take care of that for you.

To stop the squeak, just remove the lid from the bottle, turn the lid over and locate the rubber air valve which is the small clear rubber piece that is coming through the little hole in the lid (not the blue o-ring.) Rub that valve back and forth a few times to loosen it up and then place the lid back on your bottle and check to see if that did the trick. If not, you can wash the lid in warm water or on the top rack of your dishwasher. The heat and warm water will help the valve relax and should stop the squeaks.

**Not getting flavor** - To improve the flow of air and the flow of flavor, just remove the lid from the bottle, turn the lid over and locate the rubber air valve which is the small clear rubber piece coming through the little hole in the lid (not the blue o-ring.) Rub that valve back and forth a few times to loosen it up and then place the lid back on your bottle and check to see if your flavor flow has improved. If not, you can wash
the lid in warm water or on the top rack of your dishwasher. The heat and warm water will help the valve relax and improve the flow!

There also may be a small air bubble in the flavor cartridge. Just remove the cartridge from the lid and give it a good shake and then reinsert it. After that, go ahead and move the flavor dial from X-10 a few times to be sure that the flavor is releasing correctly from the spout. Now, move the dial to your favorite setting and get back to happily hydrating!

**FAQ** - Please visit drinkcirkul.com and go to the Frequently Asked Questions to find answers to other questions. For additional customer service support, please email help@drinkcirkul.com