

WHAT'S IN NUUN

- Four essential electrolytes: sodium potassium, magnesium and calcium.
- A nice light refreshing flavor that's not over powering when you're on the go.
- A bit of fizzy stuff to ensure it dissolves quickly without having to mix or shake, which disappears once the Nuun tab is completely dissolved.
- A smidgen of color in the form of riboflavin (vitamin B2) & beet juice depending on the flavor.
- And of course a dash of love.

The following is the nutritional information for a serving of Nuun based on one tablet dissolved in 16oz (500ml) of water. There are under 8 calories per Nuun tab.

Active Ingredients	level (mg)
Sodium (carbonates)	360.0
Potassium (bicarbonate)	100.0
Calcium (carbonate)	12.5
Magnesium (sulfate)	25.0
Vitamin C	37.5
Vitamin B2	500 mcg

Other ingredients: citric acid, sorbitol, sodium carbonate, natural colors flavors, sodium bicarbonate, potassium bicarbonate, polyethylene glycol, magnesium sulfate, sodium benzoate, calcium carbonate, acesulfame potassium, riboflavin-5-phosphate.

Lemon Tea and Kona Cola each contain 20mg of caffeine per 8 oz. serving (40mg per tablet). That's about a third of the caffeine found in your average cup of drip coffee.

WHAT'S IN U NATURAL HYDRATION?

The following is the nutritional information for a serving of U Natural Hydration based on one tablet dissolved in 16oz (500ml) of water. There are under 8 calories per U Natural Hydration tab.

Active Ingredients	level (mg)
Vitamin A	1375 IU
Vitamin C	10.0 mg
Thiamine	330 mcg
Riboflavin	460 mcg
Niacin	5.5 mg
Vitamin B-6	550 mcg
Folate	110 mcg
Vitamin B-12	1 mcg
Biotin	66 mcg
Pantothenic Acid	2.0 mg
Magnesium	20.0 mg
Zinc	2.0 mg
Sodium (carbonates)	180 mg
Potassium (bicarbonate)	77 mg
Choline (bitartrate)	110 mg
Stevia Leaf Extract	41 mg

Other ingredients: dextrose, citric acid, natural flavors, vegetable juice color, sesame oil.

WHAT'S NOT IN NUUN?

No sugar, because we didn't want to upset stomachs or overwhelm taste buds, and we did want to give you more control over your calorie intake.

No artificial colors because neon green isn't necessary for proper hydration.