



Courtesy photo

EYE ON THE AISLES

Kombucha tea

What: Reed's Culture Club Kombucha

Where: Central Market and select H-E-Bs (go to <http://reedsinc.com/store-locator/> for a store locator)

Cost: \$2.99 at Central Market (sale price; regular price is \$3.29) for a 13.5-ounce bottle

Info: One of the newest foods making its move from natural food stores to mainstream markets is kombucha, a fermented beverage that's touted for its probiotics and good enzymes. Reed's, known for its ginger ale and Virgil's root beer, recently introduced its Culture Club Kombucha. If you enjoy lively, spicy, slightly acidic drinks, you'll like these. The colorful bottled drinks are made with oolong and yerba mate teas combined with spring water, fruits, herbs and other ingredients and come in eight varieties including Hibiscus Ginger Grapefruit, Coconut Water Lime, Passion Mango Ginger and Cabernet Grape. An 8-ounce serving has about 50 calories.

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