

## Reed's Culture Club Kombucha

### WHY WE LOVE

In an age where too many foods are refined, processed, and cooked to a pulp, Reed's raw and organic Kombucha is a ray of healthy shining light. This "live" drink (made so by tiny cultures floating around) is filled with beneficial enzymes and probiotics meant to both energize and balance our bodies with each sip. Reed's is totally free of gluten and GMOs and serves only 50 calories per bottle. Plus, the eight unique flavors offer the opportunity to detoxify in all kinds of delicious ways.



### TWO TIPS

Choose this as a breakfast option paired with two hard-boiled eggs and two fiber crackers OR sip on it for a lighter afternoon snack.

### WHERE TO BUY

Jewel-Osco, Kroger, Whole Foods

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