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April 18th – May 20th

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gluten-free baker

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Reed's all natural extra ginger beer

April 29th, 2011 7:09 pm ET



Dorothy Kieffer

Gluten-Free Food Examiner



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This Examiner Rates Reed's Extra Ginger Beer:



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healthy gluten-free beverage choice
Photo: DJ

Reed's isn't kidding when they say that their *Ginger Beer is "extra" gingery tasting*. They brew this ginger ale with the finest fresh ginger, honey, pineapple, lemon, lime and exotic spices to come up with this totally refreshing powerful carbonated soft drink. There is actually 26 grams of ginger in every bottle; which is also free of preservatives, caffeine, alcohol, and gluten.

Ginger has been known to help digestion, and remedy motion and morning sickness. In some cultures it is used to help relieve arthritis inflammation, and used as an herb for many other medicinal purposes.

Reed's RX Ginger, is their herbal tonic specifically made for nausea relief. It contains fresh ginger root and also has vitamin B6 added to it to help calm the stomach naturally.

Reed's also carries a new energy drink called, Reed's Natural Energy Elixir. This is another potent antioxidant drink that is said to boost metabolism, and energy while aiding in digestion. Wow, that's a mouthful, but there's still more.

Reed's extra ginger brews come in 6 different flavors, like apple, raspberry and cherry all made with natural flavors.

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If you are gluten-free, this beverage is a great alternative to treat yourself to. If you're lucky your local restaurant or bar will carry it, but you may have to find Reed's products in a specialty food and beverage store. [Whole Foods Market's](#) carries a few of their flavors.

Reed's can also be purchased on line at their web site. www.reedsgingerbrew.com. The site is full of interesting information about ginger, and the brewing of their beers.

Enjoy a cold one, and feel good.

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By [Dorothy Kieffer](#)



Gluten-Free Food Examiner

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