



TASTE	VALUE	NUTRITION	INGREDIENTS	PREPARATION	APPEARANCE	PACKAGING	SUSTAINABILITY	TOTAL SCORE
29 / 30	17 / 20	13 / 15	15 / 15	5 / 5	5 / 5	5 / 5	2 / 5	91 / 100



Reed's Inc.: Culture Club Kombucha

Coconut Water Lime

This product is a HIT!

Kombucha is a cultured beverage designed to improve health and promote longevity, made from a recipe of water, sugar, oolong tea and yerba mate. The belief is that it can detoxify, energize and balance. This flavor is refreshing and delicious, it contains 30% coconut water. A complaint I have with any food or beverage that touts a healthful culture is to list on the label the quantity of the probiotic cultures. Compared to other flavored waters in the category this just contains 3 grams of sugars, while the average is 22, just 10 mg of sodium where the average is 154 and just 45 calories as compared to 190.

\$3.65 / 13.5 fl oz

Reeds, Inc.

www.reedsinc.com

Visitor Product Rating



1 Vote



Attribute and Nutrition Analysis Powered by FoodEssentials

REEDS COCONUT WATER - Individual Product Attributes

Attribute	Qualifies	Attribute	Qualifies	Attribute	Qualifies
Heart Healthy	✗	Soy Free	✓	Milk Free	✓
Low Saturated Fat	✓	Peanut Free	✓	Tree Nut Free	✓
Good Source of Fiber	✗	Gluten Free	✓	Organic	✓
Good Source of Calcium	✗	No Added Sugar	✗	Kosher	✗
Good Source of Protein	✗	No Trans Fat Ingredients	✓	Whole Grain	✗
Good Source of Vitamin A	✗	No Artificial Flavors	✓	Low Sodium	✓
Good Source of Vitamin C	✗	No Artificial Preservatives	✓		

'Heart Healthy' designation follows the American Heart Association nutrition guidelines: low saturated fat, low cholesterol, low sodium (480mg or less per serving) or (600mg meal and main dish) and contain DV of 10% or more for Vitamins A, C, Calcium, Iron, Protein or Dietary Fiber.