



The
PTI BUZZ
Carol Kur, MSRD

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Enhanced Water: water simply isn't just H2O anymore

Today, reaching for a bottle of water to quench your thirst is not that simple. With a new category of "enhanced" waters on the market ,how do we choose?

Aquafina lemon splash- 0 cal, sweetened with aspartame and sucralose.

Dasani Grape flavored- 0 cal, sweetened with sucralose.

Glaceau VitaminWater Focus- 125 cal, vitamins, ginko and ginseng, sweetened with fructose.

SoBe Lifewater,Blackberry- 100 cal, sweetened with sugar and erythritol.

Special K20 Protein Water- 50 cal, sweetened with aspartame and sucralose.

*all above water between \$1.79-\$2.49 per bottle.

Our Advice- Save your money and get your nutrients from whole foods and a multi vitamin and drink plain water.

Biking for 5 miles in 30 minutes will burn 150 calories!!!

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