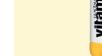
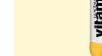


20 fluid ounce vitaminwater® nutrition facts



20 fluid ounce
vitaminwater® nutrition facts

serving size 20 fl oz (591 mL)

												
power-c (vitamin c & taurine) dragonfruit*												
energy (b vitamins & guarana) tropical citrus*												
focus (vitamin a) kiwi-strawberry*												
xxx (antioxidants vitamins a & c) açai-blueberry-pomegranate*												
revive (b vitamins & potassium) fruit punch*												
attention (caffeine & glucose) fuji apple-watermelon*												
multi-v (8 key nutrients from a - zinc) lemonade*												
essential (vitamin c) orange-orange*												
formula 50 (50% daily dose) grape*												
defense (vitamin c & zinc) raspberry-apple*												
spark (vitamin e & choline) grape-blueberry*												
coco-refresh (made w/ 10% real coconut water from concentrate) pineapple-coconut*												
daily value												
potassium	3500 mg	†	†	†	25%	†	†	5%	†	†	†	25%
vitamin a	5000 IU	-	-	25%	25%	-	-	25%	25%	-	-	-
vitamin c	60 mg	150%	100%	100%	100%	100%	100%	150%	120%	150%	100%	-
calcium	1000 mg	†	†	†	†	†	10%	10%	†	†	†	†
vitamin e	30 IU	-	-	-	-	-	25%	25%	50%	-	50%	-
niacin (vitamin b3)	20 mg	-	100%	-	100%	100%	100%	100%	120%	100%	100%	-
vitamin b6	2 mg	100%	100%	100%	100%	100%	100%	100%	120%	100%	100%	100%
vitamin b12	6 µg	100%	100%	100%	100%	100%	100%	100%	120%	100%	100%	100%
panothenic acid (vitamin b5)	10 mg	100%	100%	100%	100%	100%	100%	100%	120%	100%	100%	100%
magnesium	400 mg	†	†	†	†	†	10%	†	†	†	†	†
zinc	15 mg	25%	-	-	-	-	25%	-	-	25%	-	-
chromium	120 µg	25%	-	-	-	-	-	-	-	-	-	-
manganese	2 mg	-	-	-	25%	-	-	-	-	-	-	-
plus ups												
glucose	g	-	-	-	-	-	15	-	-	-	-	-
taurine	mg	25	-	-	-	-	-	-	-	-	-	-
natural caffeine	mg	-	50	-	-	-	87	-	-	-	-	-
guarana	mg	-	25	-	-	-	-	-	-	-	-	-
choline	mg	-	-	-	-	-	-	-	-	-	55	-
berry and fruit polyphenols	mg	-	-	-	50	-	-	-	-	-	-	-
ingredients												
	reverse osmosis water, crystalline fructose, cane sugar, less than 0.5% of vitamin C (ascorbic acid), citric acid, natural flavors, dragonfruit extract, vegetable juice (color), magnesium lactate and calcium lactate and potassium phosphate (electrolyte sources), natural caffeine, vitamin B3 (niacinamide), taurine, vitamin B5 (calcium pantothenate), zinc gluconate, vitamin B6 (pyridoxine hydrochloride), vitamin B12, chromium polynicotinate	reverse osmosis water, crystalline fructose, cane sugar, less than 0.5% of: natural flavors, vitamin C (ascorbic acid), citric acid, gum acacia, magnesium lactate and calcium lactate and potassium phosphate (electrolyte sources), natural caffeine, vitamin B3 (niacinamide), taurine, vitamin B5 (calcium pantothenate), glycerol ester of rosin, vitamin B6 (pyridoxine hydrochloride), vitamin B12	reverse osmosis water, crystalline fructose, cane sugar, less than 0.5% of: citric acid, vitamin C (ascorbic acid), natural flavors, berry and fruit extracts (apple, pomegranate, açai and blueberry), magnesium lactate and calcium lactate and potassium phosphate (electrolyte sources), natural caffeine, vitamin B3 (niacinamide), vitamin B5 (calcium pantothenate), glycerol ester of rosin, vitamin B6 (pyridoxine hydrochloride), vitamin B12	reverse osmosis water, dextrose (d-glucose), cane sugar, less than 0.5% of: natural flavors, citric acid, vitamin C (ascorbic acid), fruit and vegetable juice (color), natural flavors, citric acid, magnesium lactate and calcium lactate and potassium phosphate (electrolyte sources), natural caffeine, vitamin B3 (niacinamide), vitamin E (alpha-tocopherol acetate), rebiana (stevia extract), vitamin B5 (calcium pantothenate), glycerol ester of rosin, zinc gluconate, vitamin A palmitate, vitamin B6 (pyridoxine hydrochloride), vitamin B12	reverse osmosis water, crystalline fructose, cane sugar, less than 0.5% of: citric acid, magnesium lactate and calcium lactate and potassium phosphate (electrolyte sources), natural flavors, vitamin C (ascorbic acid), gum acacia, vitamin B3 (niacinamide), vitamin E (alpha-tocopherol acetate), rebiana (stevia extract), vitamin B5 (calcium pantothenate), glycerol ester of rosin, zinc gluconate, vitamin A palmitate, vitamin B6 (pyridoxine hydrochloride), vitamin B12	reverse osmosis water, crystalline fructose, cane sugar, less than 0.5% of: citric acid, magnesium lactate and calcium lactate and potassium phosphate (electrolyte sources), natural flavors, vitamin C (ascorbic acid), gum acacia, vitamin B3 (niacinamide), vitamin E (alpha-tocopherol acetate), rebiana (stevia extract), vitamin B5 (calcium pantothenate), glycerol ester of rosin, vitamin B6 (pyridoxine hydrochloride), vitamin B12, beta-carotene, modified food starch, sorbitol	reverse osmosis water, crystalline fructose, cane sugar, less than 0.5% of: fruit and vegetable juice (color), citric acid, fruit and vegetable juice (color), magnesium lactate and calcium lactate and potassium phosphate (electrolyte sources), natural flavors, vitamin C (ascorbic acid), gum acacia, vitamin B3 (niacinamide), vitamin E (alpha-tocopherol acetate), rebiana (stevia extract), vitamin B5 (calcium pantothenate), glycerol ester of rosin, vitamin B6 (pyridoxine hydrochloride), vitamin B12	reverse osmosis water, crystalline fructose, cane sugar, less than 0.5% of: natural flavors, choline bitartrate, vitamin C (ascorbic acid), citric acid, fruit and vegetable juice (color), natural flavors, vitamin C (ascorbic acid), gum acacia, magnesium lactate and calcium lactate and potassium phosphate (electrolyte sources), vitamin B3 (niacinamide), vitamin B5 (calcium pantothenate), glycerol ester of rosin, vitamin B6 (pyridoxine hydrochloride), vitamin B12	reverse osmosis water, crystalline fructose, cane sugar, less than 0.5% of: natural flavors, choline, citric acid, fruit and vegetable juice (color), natural flavors, vitamin C (ascorbic acid), gum acacia, magnesium lactate and calcium lactate and potassium phosphate (electrolyte sources), vitamin B3 (niacinamide), vitamin B5 (calcium pantothenate), glycerol ester of rosin, zinc gluconate, vitamin A palmitate, vitamin B6 (pyridoxine hydrochloride), vitamin B12, beta-carotene, modified food starch, sorbitol	reverse osmosis water, crystalline fructose, cane sugar, less than 0.5% of: natural flavors, choline, citric acid, fruit and vegetable juice (color), natural flavors, vitamin C (ascorbic acid), gum acacia, magnesium lactate and calcium lactate and potassium phosphate (electrolyte sources), vitamin B3 (niacinamide), vitamin B5 (calcium pantothenate), glycerol ester of rosin, zinc gluconate, vitamin A palmitate, vitamin B6 (pyridoxine hydrochloride), vitamin B12	reverse osmosis water, crystalline fructose, cane sugar, less than 0.5% of: natural flavors, choline, citric acid, fruit and vegetable juice (color), natural flavors, vitamin C (ascorbic acid), gum acacia, magnesium lactate and calcium lactate and potassium phosphate (electrolyte sources), vitamin B3 (niacinamide), vitamin B5 (calcium pantothenate), glycerol ester of rosin, zinc gluconate, vitamin A palmitate, vitamin B6 (pyridoxine hydrochloride), vitamin B12	reverse osmosis water, crystalline fructose and cane sugar (sweeteners), concentrated coconut water, less than 0.5% of: mono-potassium phosphate and di-potassium phosphate and magnesium lactate and calcium lactate (electrolyte sources), natural flavors, citric acid, pectin, vitamin B3 (calcium pantothenate), vitamin B6 (pyridoxine hydrochloride), vitamin B12

*flavored + other natural flavors

† not a significant source