

20 fluid ounce **vitaminwater**® nutrition facts



vitaminwater energy
tropical citrus
flavored + other natural flavors

excellent source of c and b vitamins
100% vitamin c
50mg natural caffeine
electrolytes

vitaminwater essential
orange-orange
flavored + other natural flavors

excellent source of c and b vitamins
150% vitamin c
vitamins b5 b6 b12
electrolytes

vitaminwater focus
kiwi-strawberry
flavored + other natural flavors

excellent source of c and b vitamins
100% vitamin c
vitamins b5 b6 b12
electrolytes

vitaminwater power-c
dragonfruit
flavored + other natural flavors

excellent source of c and b vitamins
150% vitamin c
vitamins b5 b6 b12
electrolytes

vitaminwater defense
raspberry-apple
flavored + other natural flavors

excellent source of c and b vitamins
100% vitamin c
vitamins b5 b6 b12
zinc & chromium & 25mg l-lysine
electrolytes

vitaminwater xxx
açai-blueberry-pomegranate
flavored + other natural flavors

excellent source of c and b vitamins
150% vitamin c
100% vitamins b5 b6 b12
zinc
electrolytes

vitaminwater revive
fruit punch
flavored + other natural flavors

excellent source of c and b vitamins
100% vitamin c
100% vitamins b5 b6 b12
potassium
electrolytes

vitaminwater spark
grape-blueberry
flavored + other natural flavors

excellent source of c and b vitamins
100% vitamin c
100% vitamins b5 b6 b12
135mg choline
electrolytes

vitaminwater attention
fuji apple-watermelon
flavored + other natural flavors













excellent source of c and b vitamins
100% vitamin c
100% vitamins b5 b6 b12
87mg caffeine & 15g glucose
electrolytes

vitaminwater multi-v
lemonade
flavored + other natural flavors

excellent source of c and b vitamins
100% vitamin c
100% vitamins b5 b6 b12
100% vitamins a & e, zinc
electrolytes

vitaminwater nutrient enhanced water beverage
20 FL OZ (1.25 PT) 591 mL
120 CALORIES PER BOTTLE

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*
calories		120	120	120	120	120	120	120	120	120	120	120	120
total fat	g	0	0	0	0	0	0	0	0	0	0	0	0
sodium	mg	0	0	0	0	0	0	0	0	0	0	0	30
total carbohydrates	g	32	33	33	33	32	32	34	33	33	33	32	32
sugar	g	32	32	32	32	31	31	31	32	32	32	32	31
protein	g	0	0	0	0	0	0	0	0	0	0	0	0
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%	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%	100%	120%	100%	100%	100%
vitamin b12	6 µg	100%	100%	100%	100%	100%	100%	100%	100%	120%	100%	100%	100%
panothenic acid (vitamin b5)	10 mg	100%	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), 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), glycerol ester of rosin, guarana seed extract, vitamin B5 (calcium pantothenate), vitamin B6 (pyridoxine hydrochloride), beta-carotene (color), vitamin B12	reverse osmosis water, crystalline fructose, cane sugar, less than 0.5% of: citric acid, vitamin C (ascorbic acid), natural flavors, vegetable juice (color), gum acacia, magnesium lactate and calcium lactate and potassium phosphate (electrolyte sources), vitamin B5 (calcium pantothenate), ester of rosin, vitamin A palmitate, vitamin B6 (pyridoxine hydrochloride), vitamin B12	reverse osmosis water, crystalline fructose, cane sugar, less than 0.5% of: citric acid, vitamin C (ascorbic acid), fruit and vegetable juice (color), natural flavors, berry and fruit extracts (apple, pomegranate, açai and blueberry), magnesium lactate and calcium lactate and potassium phosphate (electrolyte sources), vitamin B3 (niacinamide), vitamin B5 (calcium pantothenate), beta-carotene, vitamin B6 (pyridoxine hydrochloride), vitamin B12, manganese citrate, gum acacia	reverse osmosis water, crystalline fructose, cane sugar, less than 1% of: potassium phosphate and magnesium lactate and calcium lactate (electrolyte sources), natural flavors, citric acid, vitamin C (ascorbic acid), fruit and vegetable juice (color), vitamin B3 (niacinamide), vitamin B5 (calcium pantothenate), gum acacia, 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 (for color), natural caffeine, magnesium lactate and calcium lactate and potassium phosphate (electrolyte sources), rebiana (stevia extract), vitamin B5 (calcium pantothenate), vitamin B6 (pyridoxine hydrochloride), vitamin B12	reverse osmosis water, crystalline fructose, cane sugar, less than 0.5% of: citric acid, calcium lactate gluconate and magnesium chloride and potassium phosphate (electrolyte sources), natural flavors, vitamin B3 (niacinamide), vitamin E (alpha-tocopheryl acetate), 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-tocopheryl acetate), 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: natural flavors, vitamin C (ascorbic acid), citric acid, vitamin E (alpha-tocopheryl acetate), fruit and vegetable juice (color), magnesium lactate and calcium lactate and potassium phosphate (electrolyte sources), vitamin B5 (calcium pantothenate), vitamin B6 (pyridoxine hydrochloride), vitamin B12	reverse osmosis water, crystalline fructose, cane sugar, less than 0.5% of: fruit and vegetable juice (color), citric acid, vitamin C (ascorbic acid), natural flavors, magnesium lactate and calcium lactate and potassium phosphate (electrolyte sources), vitamin B3 (niacinamide), vitamin B5 (calcium pantothenate), zinc gluconate, 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), vitamin E (alpha-tocopheryl acetate), magnesium lactate and calcium lactate and potassium phosphate (electrolyte sources), vitamin B3 (niacinamide), vitamin B5 (calcium pantothenate), vitamin B6 (pyridoxine hydrochloride), vitamin B12	reverse osmosis water, crystalline fructose, cane sugar (sweeteners), concentrated coconut water, less than 0.5% of: mono-potassium phosphate and di-potassium phosphate and calcium lactate (electrolyte sources), natural flavors, citric acid, pectin, vitamin B5 (calcium pantothenate), vitamin B6 (pyridoxine hydrochloride), vitamin B12

*flavored + other natural flavors

† not a significant source