

WHY CRANBERRY JUICE

IS A SMART ALTERNATIVE
TO WATER
DURING YOUR WORKOUT



HYDRATION BOOST

High water content helps keep you hydrated and supports fluid balance.



NATURAL ELECTROLYTES

Contains potassium and magnesium to help replace electrolytes lost in sweat.



RICH IN ANTIOXIDANTS

Packed with polyphenols that help fight oxidative stress caused by intense exercise.



SUPPORTS URINARY TRACT HEALTH

May help prevent UTIs, especially important for active women.



ENERGY & RECOVERY SUPPORT

Natural carbs provide a quick energy source and aid in faster muscle recovery.



*Tart.
Refreshing.
Effective.*

HOW IT COMPARES TO WATER



WATER

- Hydrates
- No calories
- No nutrients



CRANBERRY JUICE

- Hydrates
- Provides antioxidants
- Offers natural electrolytes
- Supports overall wellness

★ BEST CHOICE

- ✓ 100% Pure Cranberry Juice
- ✓ No Added Sugars
- ✓ Dilute 1:1 with Water
- ✓ Drink in Moderation



DID YOU KNOW?

Cranberries are one of the highest antioxidant-rich fruits, helping your body recover and perform at its best.



**HYDRATE SMART.
PERFORM BETTER.**



MAKE EVERY SIP COUNT.