

# VITAMIN/ANTIOXIDANT DRINK COMPARISON

## CALORIES AND SWEETENERS (16-20 oz. Drink)

Description	VitaminWater	Sobe Elixir	Snapple Antioxidant Water	Odwalla OJ	Yoli TRUTH	Comments
Calories	125	225	150	220	10	This is a listing of calories in the entire bottle.
Sugar (grams)	32.5	57.5	30	48	0	The average American consumes over 150 pounds of sugar per year.
Total Carbs (grams)	32.5	57.5	33.75	62.5	2	Carbs from sugar may contribute to our national weight-gain epidemic.

## UNHEALTHY INGREDIENTS/PROCESSING

Description	VitaminWater	Sobe Elixir	Snapple Antioxidant Water	Odwalla OJ	Yoli TRUTH	Comments
High Heat Processing (Pasteurized or Aseptic)	Yes	Yes	Yes	Yes	No	As a final measure to kill bacteria, nearly all beverages are heat processed. Yoli's unique delivery system does not require this final heat process.
Preservatives (Bacteria Killing Chemicals)	Yes	Yes	Yes	Yes	No	Preservatives are added to most beverages to kill contaminants. Sadly, these harmful chemicals kill essential vitamins and antioxidants.

## POWERFUL, HEALTHY INGREDIENTS

Description	VitaminWater	Sobe Elixir	Snapple Antioxidant Water	Odwalla OJ	Yoli TRUTH	Comments
Superfruits (mega-antioxidants)	No	No	No	No	Yes	Superfruits are one of the healthiest ways to get your daily dose of antioxidants.
Live Enzymes & Probiotics	No	No	No	No	Yes	Yoli delivers live, active ingredients; competitor's are killed during pasteurization.
Alkalete™ Body pH Enhancer	No	No	No	No	Yes	Alkalete assists the body with nutrient absorption and alkalization.

## SPORTS DRINK COMPARISON (16-20 oz. DRINK)

Description	Powerade	Gatorade	Yoli FUN	Comments
Calories	175	125	0	Sugars are the most common source of these calories.
High Fructose Corn Syrup (HFCS)	37.5 g	35 g	0 g	Study the dangers of HFCS.
Sodium (electrolyte)	137.5 mg	275 mg	200 mg	Popular opinion has shown that 200 mg in a sports drink is ideal.
Potassium (electrolyte)	75 mg	75 mg	191 mg	Potassium boost for optimal performance.
Calcium (vital mineral)	0 mg	0 mg	169 mg	Calcium is essential for bone health and alkalization.
Magnesium (vital mineral)	0 mg	0 mg	112 mg	Magnesium, an essential nutrient, helps calcium absorption.
Alkalete Body pH Enhancer	0 mg	0 mg	750 mg	Yoli's proprietary "balance and recovery" mineral blends.
Total Carbs	47.5 g	35 g	0 g	Empty carbs are linked to weight gain.

### IMPORTANT QUESTIONS TO ASK YOURSELF:

1. When you drink a beverage, do you first read the ingredients to know what you're drinking?
2. Are you aware of the heat processing, preservatives, and chemicals associated with all popular beverages?
3. Do you understand that you may not be getting what you think you're getting in your favorite functional beverages?
4. Why don't the other beverage companies use natural sweeteners, colors, and flavors?
5. Shouldn't you find the answers to these questions BEFORE you consume your next beverage or liquid supplement?

*Discuss these questions with a Yoli Distributor today!*

