

POPULAR FUNCTIONAL BEVERAGES ON THE MARKET

Product Category	Calories/Serving	Functional Ingredient Claims
ADAPTOGENS		
Driftwell Enhanced Water Beverage	0 kcal/7.5 oz can	L-theanine to help calm nerves
Elements Vitality Functional Wellness Drink	25 kcal/11.5 oz can	Adaptogens ginseng and rhodiola to boost energy when feeling tired and lethargic
Free Rain Blood Orange Ginger & Ashwagandha for Focus	25 kcal/12 oz can	One full dose of focus (675 mg ashwagandha)
Moment Tulsi Lemon Botanical Water	12 kcal/11.5 oz can	Drink your meditation (ashwagandha, L-theanine)
Recess Sparkling Water	15–20 kcal/12 oz can	Hemp and adaptogens (ginseng, L-theanine) for calm and clarity
Sparkling Botanicals Schisandra Berry	10 kcal/12 oz can	Schisandra berry is taken as a detox herb, beauty tonic, and mood booster
GUT HEALTH		
Gist Hibiscus With Lemon Balm	20 kcal/12 oz can	4 g of prebiotic, plant-based fiber and no added sugars or sweeteners to keep your gut happy and your body humming along smoothly
KeVita Lemon Ginger Sparkling Probiotic Drink	90 kcal/15.2 oz bottle	KeVita Sparkling Probiotic Drinks have billions of live probiotics (water kefir culture, <i>Bacillus coagulans</i> GBI-30 6086)
Lifeway Whole Milk Vanilla Organic Kefir	190 kcal/8 oz bottle	Synbiotic dairy drink packed with calcium, prebiotic fiber, and 12 live and active probiotic cultures
Teeccino Dark Chocolate Prebiotic SuperBoost Herbal Tea	10 kcal/8 oz cup prepared	Prebiotic SuperBoost, a concentrated, plant-based blend of two prebiotics
VITAMIN ENRICHED		
ShineWater	15–20 kcal/16.9 oz bottle	Rich in electrolytes and key vitamins (100% vitamin D, 130% vitamin B ₁₂) to power your day, zero sugar
Uncle Matt's Organic Ultimate Defense Shot	30 kcal/2 oz shot	100% DV vitamin D and zinc, 1,000% DV vitamin C, live probiotics
COENZYME Q10		
Diva's for Women Vitality Inside Coenzyme Q10	21 kcal/100 ml	Vitamins C and B, as well as the unique coenzyme Q10, a powerful antioxidant that keeps the skin healthy and fresh and helps regeneration
Reign Total Body Fuel	10 kcal/16 oz can	Coenzyme Q10 is required for the proper function of many organs and biochemical reactions in the body and helps provide energy to cells
COLLAGEN		
Gloss Leaf Collagen Iced Tea Infused With Peach	15 kcal/12 oz can	3 g premium grass-fed collagen peptides per can; infused with antioxidant vitamin C and flavonoids
Vital Proteins Collagen Water	50–60 kcal/12 oz bottle	10 g collagen: Digested and absorbed by the body quickly for maximum benefits

SOURCE: COMPANY WEBSITES. THIS TABLE REPRESENTS ONLY A SAMPLE OF THE MANY FUNCTIONAL BEVERAGES ON THE MARKET.