

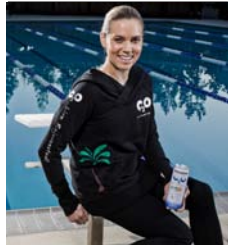
# The C<sub>2</sub>O Difference

## The Pure & Tasty Choice



Not all coconut waters are created equal. C<sub>2</sub>O has taken extra care to select and pack what we believe to be the best tasting coconut water in the world. Here's what makes C<sub>2</sub>O different:

- Our coconuts come from an especially fragrant and tasty variety that is unique to the inland soils of Thailand, yielding a more delightful taste than the salty flavor that accompanies more commonly used coastal coconuts.
- All our coconut water is packed fresh, with each batch flavor-tasted before being packed to ensure every can has our signature flavor and the quality that makes C<sub>2</sub>O so popular among coconut water lovers.
- C<sub>2</sub>O's great taste is all pure, unlike some others who add extra sweeteners or flavors to mask their saltier taste.



C2O is the chosen coconut water of 11-time medalist Natalie Coughlin!

## Don't Just Hydrate, Rejuvenate!

Coconut water is becoming well known for its hydration properties, but it's not just for hard core athletes recovering from tough workouts. As a true whole food, the benefits of coconut water are far more extensive, making C<sub>2</sub>O useful for everyone:

- **Body Balanced Isotonics** - naturally occurring electrolytes and a favorable potassium to sodium ratio that helps counter the impact of modern, sodium heavy diets.
- **Bio-Directional Action** - helps the body properly regulate the retention and elimination of fluids and isotonic.
- An extremely low **Glycemic Index of 35**. Studies suggest that low Glycemic Index foods help manage blood sugar levels.
- Contains **18 of 20 amino acids**, including all nine of the most essential.
- **Body Balanced pH** - helps alkalize your body to counter the destructive effects of all too prevalent acidic foods.



From the first taste on the tongue to the deepest reaches of the body's inner workings, we believe C<sub>2</sub>O is the best choice for everyone to...  
**Live Rejuvenated!**

### Nutrition Facts

Serving Size 8 FL OZ (240mL)  
Servings Per Container 2

#### Amount Per Serving

Calories 50

	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 75mg	<b>4%</b>
<b>Potassium</b> 300mg	<b>8%</b>
<b>Total Carbohydrate</b> 13g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 12g	
<b>Protein</b> 0g	

Vitamin A 0%	Vitamin C 0%
Calcium 2%	Iron 2%
Phosphorus <2%	Folic Acid 2%
Magnesium 4%	Niacin <2%
Manganese 24%	Zinc 2%

\*Percent Daily Values are based on a 2,000 calorie diet.

#### Ingredient:

100% Natural Coconut Water

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