



Refresh 2

Vitamin boosting, electrolyte replenishing & hydrating & energising.

Product Information

Refresh 2 contains 100% pure coconut water from fresh young coconuts with no added nasties! Usually described as nature's gatorade, it will help keep your electrolytes in balance, leaving you feel fresh and reinvigorated.

Coconut water has a delicate flavour that is a pleasing balance of sweetness with hint of nuttiness.

Benefits of Refresh 2

Coconut water being dubbed as nature's gatorade is no lie. This drink is seriously hydrating and refreshing for you as it contains essential electrolytes which affect the amount of water in your body, the acidity of your blood pH, blood pressure and muscle function.

Perfect to sip on during a workout or just after as you lose electrolytes through your sweat and water alone does not contain them. This is especially beneficial if you are suffering with a hangover from a big night out or an upset stomach to replenish you back to feeling your best!

Key Ingredients

Coconut Water: Full of electrolytes such as magnesium, calcium, sodium, chloride, phosphorus and potassium. These 6 electrolytes are vital for the everyday functions of the human body and are essential to consume within your diet.

Nutritionist Tip

Coconut water is a great source of electrolytes that is perfect to consume after exercise or a long sunny day outdoors in order to enhance hydration.

It makes for the ultimate coconut experience at breakfast time when paired with our Coconut Parfait during the summer months. Or if you are trying to stay away from the mid morning coffee try our Passionfruit Macqui Bliss Ball alongside our Refresh 2 for an energising snack.

Ingredients:
Coconut Water.

Nutrition Information		
Servings per package:	1.00	
Serving size:	470.0ml	
	Average Quantity per Serving	Average Quantity per 100ml
Energy	470kj	100kj
Protein	1.4g	0.3g
Fat total	0.5g	0.1g
-saturated	0.5g	0.1g
Carbohydrate	26.3g	5.6g
-sugars	24.4g	5.2g
Sodium	169mg	36mg

*Serving sizes subject to variation +/- 15ml

This bottle of Pressed Juices is bursting with nutrients and enzymes in the convenience of a single bottle. It provides all the goodness that fresh fruits, vegetables & spices have to offer.

Our juices are 100% raw and unpasteurised. This means that they may be unsuitable for some people including pregnant women, young children, the elderly and those with weakened immune systems.

*All our stores have a qualified Nutritionist available to chat more about Pressed Juices complete range.