



## Nuun Active Hydration

From [Wendy Bumgardner](#),

Your Guide to [Walking](#).

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Guide Rating - ★★★★★

### The Bottom Line

No calories, no carbs, no mess. Nuun sports drink mix tablets provide hydration, salt and mineral replacement during endurance exercise. Nuun has no carbohydrates or artificial sweeteners, just a light refreshing lemon lime taste with no aftertaste. It is no mess, no fuss. You carry the Nuun tablets in their non-crushable tube and plop them into your water bottle or water bladder. They fizz away into a non-carbonated electrolyte replacement sports drink in just a minute.

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Pros

- Electrolyte replacement drink mix tablets
- Mixes fast with water
- No mess, tastes great
- No carbs, no artificial sweeteners, no calories
- Light refreshing lemon lime flavor, non-carbonated

Cons

- No carbohydrates for energy replacement

### Description

- Tablets mix with water to create a non-carbonated sports drink.
- No calories. No carbohydrates or sugars.
- More convenient to carry and mix than powder.

### Guide Review - Nuun Active Hydration

On an endurance walk, you must replace salt lost with sweat. Nuun makes that replacement convenient. Add 1 tablet to each 8 oz. of water in your water bottle or the bladder of your hydration pack. It fizzes away to form a non-carbonated sports drink that provides salt and mineral replacement without sugars or carbohydrates or artificial sweeteners. It has a pleasant light lemon-lime flavor with no aftertaste.

For those watching their calories, Nuun provides great hydration and electrolyte replacement without calories. For endurance energy, you can choose what to eat as a snack instead of relying on your sports drink to provide it. Carry along your choice of energy bar, gel, banana, etc.

Nuun replenishes sodium, potassium, calcium, magnesium, Vitamin C and Vitamin B2. The ingredients are: citric acid (Vitamin C), sorbitol, sodium carbonate, natural flavors, sodium bicarbonate, potassium bicarbonate, polyethylene glycol, magnesium sulfate, sodium benzoate, calcium carbonate, acesulfame potassium, riboflavin-5-phosphate (Vitamin B2).

Each tube of Nuun tablets has enough tablets for 1 gallon or 4 liters of water.

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