



hydration tabs

From [Jesslyn Bass](#),
Your Guide to [Running / Jogging](#).
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Guide Rating - ★★★★★

The Bottom Line

This is the best hydration solution that I've ever found. It's not sugary or syrupy; it's also nearly calorie-free. It also has a pretty agreeable taste.

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Pros

- Dissolves on its own
- No sugar
- No carbs
- Easy to carry and easy to use

Cons

- Only 3 flavors
- Taste may take time to get used to

Description

- Self-dissolving technology - no stirring or shaking
- Portable - store in pocket or backpack
- Convenient tab - no measuring
- Hydrates and replaces electrolytes without sugar and carbohydrates
- 1 tube contains 12 tabs (1 tab/16 oz water)
- Tube and tabs weigh a total of 2 oz.
- 3 flavors: Lemon+Lime, Tri-Berry, Citrus Fruit

Guide Review - hydration tabs

Living in Texas, I do my fair share of runs in the sun. I am always looking for something to replace the electrolytes that I sweat out on those hot days. Nuun is a great option for me because it doesn't have sugar. It's a healthy alternative to corn syrup-based sports drinks, which is important to me. It's portability is also useful. I can easily carry one or two of the tabs with me for after long runs or marathons.

Personally, I like the flavor of the Tri-berry nuun; the other flavors took me awhile to get used to. Some of my running buddies said their favorite flavor was the Lemon+Lime and commented that the taste was somewhat chalky to them. For me, the taste isn't as important as the health benefits of less sugar in my diet, so perhaps that's why I didn't mind.

At an MSRP of \$6.50, a tube of nuun may seem expensive, but consider that this is the equivalent of 12 16-oz bottles of other sports drinks. Certainly, that's a good buy. I highly recommend that you at least give nuun a try. It might convert you away from those high calorie, high sugar alternatives.

[Manufacturer's Site](#)

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[Jesslyn Cummings](#), About.com's Guide to Running, has been an avid runner and coach for many years. She has coached beginners and seasoned athletes alike in everything from elementary fitness to training for marathons and Olympic triathlons.

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