

Today's

Diet & Nutrition

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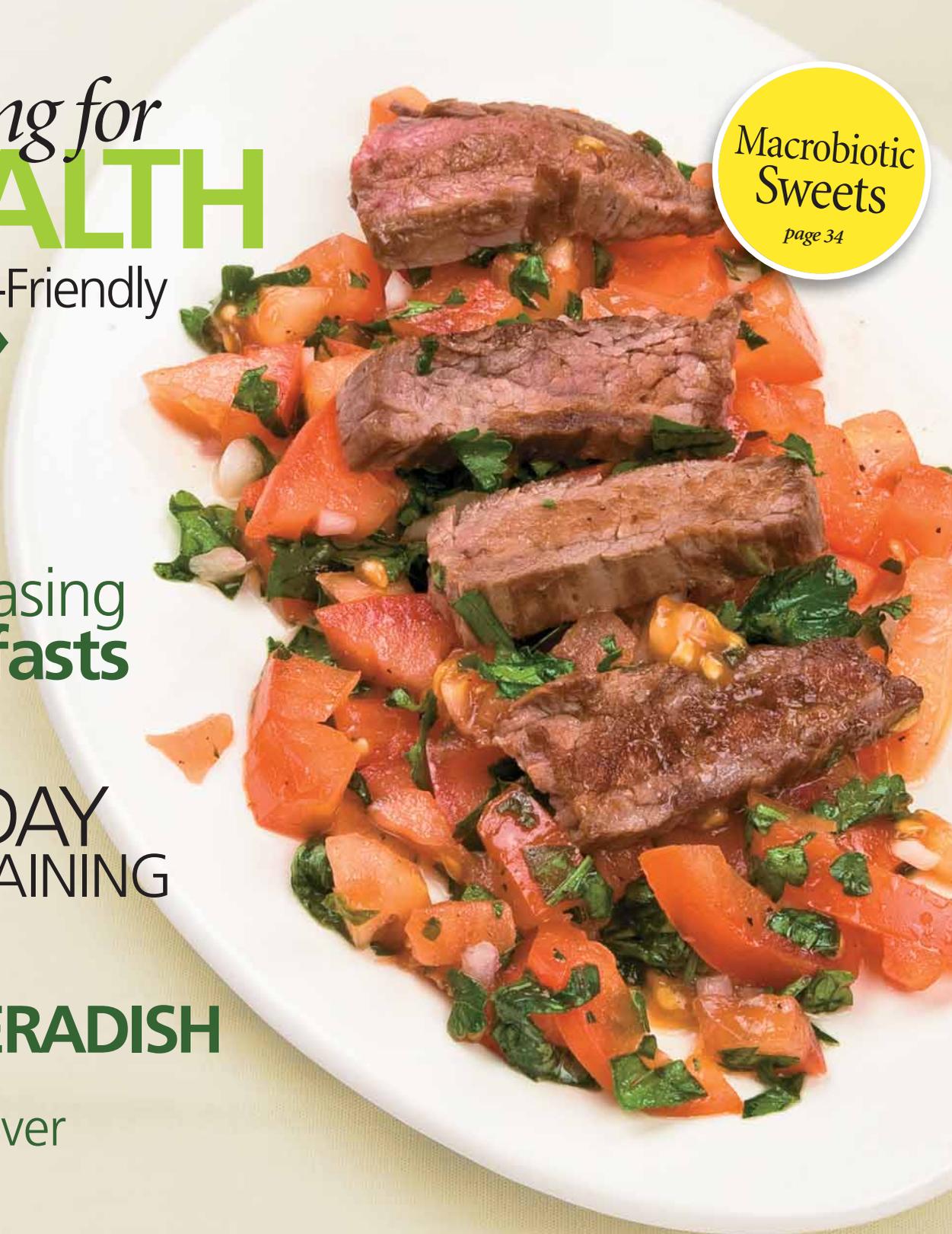
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● mix1 Enhanced Protein Shakes, in a range of tasty flavors, deliver 15 grams of whey protein isolate, three servings of fruits and vegetables, 23 vitamins and minerals, plus a bounty of antioxidants. They're free of lactose, gluten, soy, and caffeine. www.mix1life.com

● Oregon Chai's line of just-add-water chai tea latte mixes have a new flavor: Slightly Sweet Original chai tea latte mix, a blend of black tea, spices, and vanilla that's less sweet than the original. www.oregonchai.com



● gogo rice makes it easy to get great-tasting, nutritious rice in three flavors that are organic, kosher, vegan, shelf stable, and free of preservatives, gluten, and cholesterol. And they're ready in 90 seconds. www.minsley.com



● Yogachips, in five fruit flavors, are gluten and preservative free, have no added sugars or fat, and have only 35 calories per serving. www.yogavive.com



● Mighty Munchy Mix was designed to be a healthier snack alternative for kids in a tasty mix of nutritious ingredients: natural dried pineapple, cranberries, dark chocolate chips, almonds, and corn nuts. But there's little doubt kids will have to share their Mighty Munchy Mix with their parents. www.nutrifitonline.com



HappyMelts, an organic freeze-dried yogurt snack for babies, contains protein, calcium, vitamin D, and prebiotics and probiotics. It's part of a line of organic baby products from HappyBaby recommended by pediatrician and author Robert W. Sears, MD. www.happybabyfood.com



A convenient new resource for mothers-to-be: S7 Prenatal Vitamin Drink Mix, marketed as the first prenatal vitamin in an all-in-one drink packet, was developed by a registered dietitian/mom to deliver essential nutrients before, during, and after pregnancy. www.drinkS7.com

NEW IN SUPPLEMENTS

Organic Maqui Superberry, a liquid dietary supplement, labeled the highest antioxidant fruit in the world, is marketed to neutralize free radicals and support a healthy immune system and healthy inflammatory function. www.nouvelleinternational.com



Ester-C Specifics is a new line of Ester-C vitamin C formulas—proprietary blends featuring nonacidic Ester-C with a concentrated complex of food-based antioxidants in a once-daily dose. www.americanhealthus.com