

Beverages For An Active Lifestyle

(NAPSA)—In today's fast-paced lifestyle, you may feel like there's no time for healthy eating. And often when you do stop to eat, it's probably tempting to grab a bag of cookies, potato chips or candy. But it is possible to treat yourself to a smarter snack. In fact, if you have a hectic schedule, it's even more important to consume food and drinks that supply fuel to get through a busy day.

A new beverage line from Tahitian Noni International offers a variety of benefits—including joint support, immune support and energy—while building on the known benefits of the noni fruit. The line focuses on combining noni with healthy ingredients, and each beverage has only 10 calories per can.


"If your schedule keeps you on the go and feeling drained, it is good to have something on hand to give you a boost. When choosing an energy drink or healthy beverage, the key is opting for a more natural-based drink that isn't loaded with added sugar," said Lauren Swann, MS, RD, LDN, nutritionist.

Hiro™ is the first ready-to-drink noni-based beverage introduced to the market. The line features three distinct beverages: Energy, Mobility and Vitality. Each drink contains a distinctive combination of ingredients to provide healthful benefits as they refreshingly quench your thirst.

- Hiro™ Energy is the only energy drink made with genuine noni from Tahiti. It also contains high levels of B vitamins, essential for overall health; ingredients specially formulated to assist in

energy metabolism; and guarana, to provide a boost of energy. Initial studies indicate noni may have a beneficial effect on the immune system. Noni also increases energy when consumed consistently over time, and provides superior antioxidants.

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- Hiro™ Mobility caters to the individual with joint challenges due to age or frequent physical activity. This functional beverage offers unique and specific benefits designed to increase joint support. Mobility is power packed with noni; 1,500mg of glucosamine, helping maintain healthy cartilage; 1,000mg of proven joint-supporting MSM; and 500mg of chondroitin sulfate, which helps lubricate and hydrate joints.

- Hiro™ Vitality assists the individual who is looking for immune support to help the body protect itself from the potentially harmful effects of our environment. Vitality contains noni, vitamins and herbs shown to support the immune system, along with other beneficial ingredients including a whole foods blend and ginseng.

To learn more about Tahitian Noni® products or to place an order, visit www.TahitianNoni.com or call (888) 869-9254.