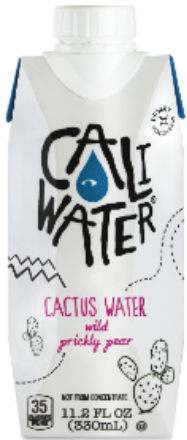


## Cali Water: Cactus Water that Hydrates from the Inside, Out

Healthyfitfabmoms.com



### For MOMS & MOMS-TO-BE and TODDLERS 2 YEARS+

Everyone knows how important it is to drink plenty of water and to keep your body hydrated – especially as an expecting or nursing mom. However, drinking almost 1 gallon of water a day can get old pretty quick and doesn't always satisfy.

Thankfully, there are plenty of water alternatives out there, with coconut water gaining the majority of the hype over the past few years, but with other variations – such as artichoke water, maple water, and a variety of fruit flavored waters and teas – quickly gaining popularity as well.

Cactus water is also newly out there and ready to join the club, and may even start battling it out with coconut water for shelf space thanks to its delicious taste and super-hydrating abilities. The brand: Cali Water, and it is the first, and only, cactus water on the market.

**THE PRODUCT:** Made of Prickly Pear Cactus Extract, Prickly Pear Cactus Juice, and Water, Cali Water helps deliver vital nutrients, all while keeping your hydration in mind. Sourced directly from harvesters who safely, legally and fairly source the cactus fruits in desert regions [primarily] in California, the cactus is hand-picked from centuries old Opuntia cactus plants.

Lower in sugar and calories than all other coconut waters and aloe juices, Cali Water and its blend of cactus superfruit has an earthy, berry flavor – almost like a mix of watermelon and kiwi. Plus, since it is formulated with a 'Not From Concentrate Prickly Pear Puree', it has an incredibly fresh taste, matching the experience of fruit eaten right off the cactus.

**NUTRITION-WISE:** Containing 5 naturally-occurring electrolytes, vitamins, minerals and rare antioxidants, Cali Water not only tastes great, it is also great for you. Hydrating you from the inside out, even your skin will see a hydrating lift thanks to the prickly pear cactus, which is the only fruit that contains all 24 known betalains: powerful antioxidants known for their skin revitalizing benefits.

Extremely popular in Latin America, prickly pear is also rich in carotenoids, magnesium, and vitamin C, and according to **Nutritionist Franci Cohen**, this fruit is “nutrient-rich and consists of high levels of phytochemicals and antioxidants, making it a potential essential weapon to ward off premature aging. It also has the unique ability to prevent moisture loss, a quality necessary for healthy, vibrant and youthful-looking skin.”

With zero fat, preservatives, or added colors, Cali Water is also Non-GMO Project Verified,

Certified OU Kosher, Gluten-Free and Vegan. Furthermore, it is lower in sugar and calories than nearly all leading coconut water and aloe juice products, making it a great choice when looking to cleanse and detox your body.

Coming in at a mere 35 calories per serving, you will also find 9 grams of sugar in each tetra-packed box.

*\*Cali Water is super hydrating and is a great alternative to many of the other water alternatives out there on the market – especially all of those artificially flavored and colored sports drinks. However, with 9 grams of sugar, I personally wouldn't give this drink to my young toddler, although a couple sips here or there would be just fine. However, I will give my son about 6oz of water and 2oz of Cali Water mixed together, and he is completely satisfied since he's still "drinking mommy's drink", but not getting all the sugar.*

**WHERE TO BUY:** To find the retail location that sells Cali Water nearest you, please visit their **Store Locator**.

**FINAL THOUGHTS:** Whether you love it or hate it, coconut water is here to stay. Hydrating and refreshing, there's really no denying that this water-alternative has some pretty great characteristics. But that doesn't mean that there isn't room for some other delicious and good-for-you beverages on your refrigerator shelves.

Take Cali Water. Filled with vitamins, minerals, and antioxidants, this light and refreshing beverage is another delicious way to help keep you (and your skin!) hydrated all year round.

Especially as an expecting mom, who plans on nursing my soon-to-be little bundle, I know that staying hydrated is more important than ever because someone else is counting on me! And with Cali Water, it's easier than you could imagine.

Try Cali Water today and see for yourself how delicious cactus water can be.

To learn more about Cali Water and to try some out for yourself, please visit their [website](#) and check them out on **Facebook**.

And remember, **Contact Healthy.Fit.Fab...Moms** today to create a personalized plan so you and your family can live a healthy, fit, and fabulous life!