

# THE SUNDAY STAR

SEPTEMBER 26, 2010 • "Where the Spirit of the Lord is, there is liberty" II COR. 3:17 • CITY FINAL • \$1.75

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LIVING

YOUR WEEKLY HEALTH GUIDE

We tried it

## Mintwater refreshes

**What:** Goodberrymint, the seventh variety of Metromint water launched in August by Soma Beverage Co., San Francisco.

**Cost:** \$1.49 to \$1.69 for 16.9-ounce bottle; find at Whole Foods, 1300 E. 86th St.; other groceries, including some Kroger stores; airports. Store locator at <http://metromint.com/get/storelocator.html>.

**Description:** Metromint is mintwater, containing no sweeteners, sodium, preservatives or calories — just natural ingredients with different mint flavors. The six other flavors are peppermint, spearmint, cherrymint, lemonmint, orangemint and chocolate-mint.

**What we liked about it:** The taste is quite cool, refreshing and clean. The goodberrymint flavor has a mixture of raspberry, blueberry, acai, blackberry and pomegranate. It's a good alternative to plain water that one could drink with a meal or sip during the day. The manufacturer says drinking Metromint before a meal improves digestion because mint increases the flow of digestive juices. And it can act as an instant breath freshener.

**What we didn't like:** It's not something you'd want to drink after a hard workout, because it doesn't contain the necessary electrolytes.

— Barb Berggoetz

