



*All Natural & Certified Organic*

# COCONUT WATER

**FROM CONCENTRATE**

**"A Natural Sports Drink and  
Health Tonic"**

# COCONUT WATER

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**COCONUT WATER CONCENTRATE IS OBTAINED FROM FRESH COCONUTS, REDUCED TO 60 °BRIX, STABILIZED AND SUBSEQUENT REFRIGERATION TO ASSURE PRESERVATION.**

**Fresh Coconuts**



**Concentrate**



**Reconstitute**

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## Ultra Premium Benefits of Coconut Water

- 100% All Natural & Certified Organic
- Good electrolyte drink, makes excellent sports beverage
- Possesses anti-aging properties
- Promotes gastrointestinal health
- Improves digestion
- Low in fat and calories
- No cholesterol
- Helps balance blood sugar

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## An Alternative Sports Drink

**Nutrient Content in Gatorade, Powerade, and Coconut Water (Value per 100 grams)**

Nutrient	Units	Gatorade	Powerade	Coconut Water*
Sugar	g	5.33	6.02	3.71
Dietary fiber	g	0	0	1.1
Calcium	mg	1	2	24
Iron	mg	0.20	0.25	0.29
Magnesium	mg	1	5	25
Phosphorous	mg	9	2	20
Potassium	mg	14	13	250
Sodium	mg	39	22	105
Zinc	mg	0.26	0.06	0.10
Copper	mg	0.25	0.25	0.04
Manganese	mg	0.05	0.05	0.142
Selenium	mcg	0.0	0.0	1
Fluoride	mcg	34	62	trace
Vitamin C	mg	0.4	0.4	2.4
Thiamin	mg	0.011	0.011	0.030
Niacin	mg	0.22	1.54	0.08
Pantothenic acid	mg	0.055	0.055	0.043
Vitamin B-6	mg	0.022	0.153	0.032
Folate	mcg	0.0	0.0	3
Amino acids	mg	0.0	0.0	785

\*Unlike commercially produced beverages, natural products like coconut water do not have a precise chemical profile. All values listed here are averages of samples tested. These values will vary somewhat due to age, variety, and growing conditions.

Source: USDA National Nutrient Database for Standard Reference (2006).



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## Bulk



**44 Lb / 20 Kg Pail**



**462 Lb / 210 Kg Steel Drum**

# **DISTRIBUTED BY**

## **ABAKA HOLDINGS INTERNATIONAL**

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