

OFF *the* SHELF



To your health

Carpinteria-based New Sun Nutrition has reformulated its line of beverages for the health-conscious.

FRS (Free Radical Scavenging) antioxidant drinks feature a patented blend of flavonoids and vitamins said to enhance health and performance. Key ingredients include quercetin, a flavonoid super-antioxidant; green tea catechins, antioxidants that protect cellular DNA and help boost fat metabolism; and essential vitamins.

Higher volume and intensity exercise training bouts are thought to be possible, in part, because quercetin inhibits the breakdown of catechol-O-methyltransferase; recovery times are reduced because of something to do with reactive oxygen species; and . . .

Sorry — we're not wading through the three pages of information describing the health benefits before trying a can.

With flavors like peach mango, wild berry, orange and lemon lime, some of which are low-cal, you only need to know one thing.

It's yummy!

The caffeinated, 11-fluid-ounce drinks have a suggested retail price of \$2.29 and are available at several grocers and convenience stores in Santa Barbara.

— Charlotte Boechler