

Haley Herbst  
September 17, 2012

	Ocean Spray Orange Juice (4 oz.)	Thirster Orange Juice (4 oz.)
<b>Kcals</b>	60 kcal	60 kcal
<b>Fat</b>	0 g	0 g
<b>Protein</b>	0 g	0 g
<b>Total Carbohydrate</b>	15 g	15 mg
<b>Sugars</b>	15 g	15 mg
<b>Sodium</b>	15 mg	10 mg
<b>Potassium</b>	100 mg	N/A
<b>Ingredients:</b>	Orange Juice (Filtered Water, Orange Juice from Concentrate), Ascorbic Acid	Water, Orange Juice from Concentrate, Ascorbic Acid, Natural Flavors

	Ocean Spray Apple Juice (4 oz.)	Thirster Apple Juice (4 oz.)
<b>Kcals</b>	60 kcal	80 kcal
<b>Fat</b>	0 g	0 g
<b>Protein</b>	0 g	0 g
<b>Total Carbohydrate</b>	15 g	15 g
<b>Sugars</b>	15 g	15 g
<b>Sodium</b>	15 mg	10 mg
<b>Potassium</b>	120 mg	N/A
<b>Ingredients</b>	Apple Juice (Filtered Water, Apple Juice from Concentrate)	Water, Apple Juice from Concentrate, Ascorbic Acid, Natural Flavors

	Ocean Spray Cranberry Juice (4 oz.)	Thirster Cranberry Juice (4 oz.)
<b>Kcals</b>	60 kcal	60 kcal
<b>Fat</b>	0 g	0 g
<b>Protein</b>	0 g	0 g
<b>Total Carbohydrate</b>	14 g	16
<b>Sugars</b>	14 g	15
<b>Sodium</b>	0 mg	17 mg
<b>Potassium</b>	15 mg	N/A
<b>Ingredients</b>	Filtered Water, Cranberry Juice from Concentrate, Cane or Beet Sugar, Ascorbic Acid	Water, High Fructose Corn Syrup, Cranberry Concentrate, Ascorbic Acid, Natural Flavors

	Ocean Spray Cran-Grape Juice (4 oz.)	Thirster Grape Juice (4 oz.)
<b>Kcals</b>	60 kcal	60 kcal
<b>Fat</b>	0 g	0 g
<b>Protein</b>	0 g	0 g
<b>Total Carbohydrate</b>	16 g	17 g
<b>Sugars</b>	16 g	16 g
<b>Sodium</b>	15 mg	0 mg
<b>Potassium</b>	5 mg	N/A
<b>Ingredients</b>	Filtered Water, Grape Juice from Concentrate, Cane or Beet Sugar, Cranberry Juice from Concentrate, Carrot Juice from Concentrate, Fumaric Acid, Natural Flavors, Sodium Citrate, Ascorbic Acid, Citric Acid	Water, Grape juice from concentrate, ascorbic acid