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Thirst factor

Another awesome refresher is TrueBlue Blueberry Pomegranate juice, a juice that's dark in color but lighter in flavor than most other juices on store shelves. The juice is so light that it's a great choice for kids. Even better, it qualifies as a super-food because it has so many antioxidants.

TrueBlue comes in 16- and 64-ounce bottles, \$2 and \$5, respectively.