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The CosmoGirl bathroom line was long after editors tested these drinks.



TESTING THE waters

New enhanced waters contain vitamins, minerals, and even protein. But are they healthy? And how do they taste? Read on before you hit the bottle. BY JENNIFER GOLDSTEIN



VITAMIN WATER IN FORMULA 50, GRAPE

INGREDIENTS: 20 oz bottle has 125 calories and half of your daily needs for vitamins C, E, and B.

EXPERT SAYS: Because this has 32.5 grams of sugar (which is about the same amount as a regular sports drink), think of it as a sports drink with some extra vitamins—not a replacement for water.

TASTERS SAY: This has the “most natural fruit flavor” and tastes “like juice.”



KELLOGG'S SPECIAL K20 PROTEIN WATER IN MIXED BERRY

INGREDIENTS: 16 oz bottle has 50 calories, minerals, vitamins, 5 grams of fiber, and 5 grams of protein.

EXPERT SAYS: With protein, fiber, vitamins, and a little calcium, it's a healthy alternative to a high-calorie protein smoothie—and more filling than regular water or fruit juice.

TASTERS SAY: It's “sweet,” like “red Jolly Ranchers,” but “not very refreshing.”



SNAPPLE ANTIOXIDANT WATER IN DRAGONFRUIT

INGREDIENTS: 20 oz bottle has 130 calories, vitamins A, E, and B, and caffeine.

EXPERT SAYS: It has 63 mg of caffeine, so it gives you the same energy boost as a cup of tea with extra vitamins—and extra calories. Don't drink it after 4 p.m. or you might have trouble sleeping.

TASTERS SAY: The “bubble-gummy” flavor tastes “medicinal” to some, “yummy” to others.



PROPEL FIT WATER IN MANDARIN ORANGE

INGREDIENTS: 17 oz bottle has 20 calories, vitamins, and 20 percent of your daily calcium needs.

EXPERT SAYS: It's great that this has calcium, which teens often lack. With fewer calories than most enhanced waters, it's okay as an occasional replacement for H₂O.

TASTERS SAY: This drink is “sweet,” like an “orange Popsicle,” but a little “artificial tasting.”



OWATER INFUSED WITH ELECTROLYTES IN LIME LEMON

INGREDIENTS: 17 oz bottle has 74 calories, a small amount of calcium, and minerals like magnesium.

EXPERT SAYS: It has less sugar and more minerals than a regular sports drink, so it's a better choice after a workout. No workout? Plain water is still healthier.

TASTERS SAY: Some say “crisp,” like “lemon-lime soda.” Others got a “mouthwash” aftertaste.

FYI: Marni Rakes, a sports nutritionist for IronGirl.com, says these enhanced waters are fine after a hard workout, when your body is depleted. But drink them in moderation when you're not exercising because the added vitamins and minerals come with added calories you probably don't need.