



WHAT YOU NEED TO KNOW FUNCTIONAL BEVERAGES

01

What are functional beverages?

Functional beverages are non-alcoholic drinks that do more than quench your thirst. They're designed with health benefits in mind—like improving digestion, boosting immunity, or enhancing mental focus.

Examples include:

- Plant-based milks
- Kombucha
- Probiotic yogurts
- Vitamin-infused waters

03

How They're Made Better

New technologies help make these drinks safer, longer-lasting, and more effective, but...

⚠ Not all claims are regulated or backed by science.

02

Key Ingredients to Look For:

- Probiotics – good bacteria for gut health
- Prebiotics – fuel for those good bacteria
- Antioxidants – help protect cells
- Vitamins & Minerals – support overall wellness

04

Smart Consumer Tip:

Enjoy functional beverages, but stay informed! Read labels and look for evidence-based benefits.

Source:

Gupta, A., et al. (2023). Food Research International.
<https://doi.org/10.1016/j.foodres.2023.113046>

