



MORE THAN HYDRATION

More Than Hydration.

Discover what one 330 ml serving of natural coconut water can contribute to your daily hydration and nutrition.

100% KOKOSVANN

UTEN TILSATT SUKKER

« NATURENS ANDRE KILDE. »



KILDEKOKOSVANN.NO

HYDRATION CREATED BY NATURE

Hydration Created by Nature.

Coconut water is the naturally occurring, clear liquid found inside a **young green coconut** — light, faintly sweet, and quietly full of what the plant put there. Nothing is added; nothing is taken away.

It is not the same as the white, creamy products pressed from mature coconut flesh. Knowing the difference is the first step to understanding the drink.

01

Coconut water

The thin, clear liquid inside the young green nut. Naturally light and refreshing.

02

Coconut milk

Pressed from grated mature flesh with water. Creamy, rich, used in cooking.

03

Coconut cream

A thicker, higher-fat pressing of the same flesh. Dense and indulgent.



INSIDE ONE SERVING

Water · natural carbohydrates ·
and several naturally occurring
electrolytes.

SIMPLE INGREDIENTS · NATURAL FUNCTION

Simple Ingredients. Natural Function.

One ingredient — **100% coconut water**. What it carries is what the young coconut naturally holds: fluid, gentle carbohydrates, and a spread of minerals led by potassium.

- Water
- Magnesium
- Calcium
- Amino-acid traces
- Potassium
- Sodium
- Natural carbohydrates
- Antioxidant compounds

✓ NO ADDED SUGAR

✓ NO SWEETENERS

✓ NO PRESERVATIVES

✓ NO COLOURS

✓ NOT FROM CONCENTRATE

NUTRITION · PER 100 ML

Typical Values

Energy 82 KJ / 19 KCAL

Fat / of which saturates 0.2 G / 0.2 G

Carbohydrate / of which sugars 3.9 G / 3.7 G

Protein 0.2 G

Salt 0.06 G

Potassium ~200 MG · 10% RI

Source of potassium. At ~200 mg / 100 ml, a 330 ml serving supplies a meaningful share of the daily reference intake.

Typical category values shown for design. Final figures pending laboratory confirmation and EU/EEA review (Reg. 1924/2006) before any on-pack claim.

WHAT COCONUT WATER CAN CONTRIBUTE TO YOUR DAY

The Benefits, Responsibly Stated.

Coconut water earns its place as a daily drink through hydration and naturally occurring minerals — not miracle cures. Below, each benefit is framed the way the science actually supports it.

01

FLUID + ELECTROLYTES

Daily hydration

Coconut water supports hydration by providing fluid together with naturally occurring electrolytes — an enjoyable option for people who find plain water hard to drink enough of. It is not inherently **more** hydrating than water.

02

BALANCE & RECOVERY

Electrolyte support

Electrolytes help maintain normal fluid balance, nerve signalling and normal muscle function, and support recovery after sweating. Potassium is usually the most prominent; exact content varies with coconut variety, maturity and processing.

03

EU-AUTHORISED WORDING

Potassium intake

As a source of potassium, coconut water contributes to normal muscle function, normal nervous-system function and the maintenance of normal blood pressure. It is a dietary source — not a treatment for high blood pressure.

Sources: EFSA Journal 2010;8(2):1469 & EU Reg. 432/2012 (authorised potassium claims) · Mayo Clinic, Coconut water FAQ · The Ohio State University Wexner Medical Center.

After the Effort. Before the Sugar.

04

POST-WORKOUT

Physical activity & recovery

A refreshing choice after light or moderate exercise, in hot climates, or after everyday sweating.

Note: very long, intense sessions demand more sodium and carbohydrate than one serving provides.

05

FEWER ADDED SUGARS

A naturally lighter beverage

Unsweetened coconut water can be a lighter alternative to soft drinks, heavily sweetened juices, energy drinks and some artificially flavoured sports drinks — compared using verified serving-size figures.



ETTER TRENING · ETTER BADSTU
Training & sauna recovery.

Sources: Kalman et al., *J. Int. Soc. Sports Nutrition* 2012 (rehydration comparison) · The Ohio State University Wexner Medical Center · Mayo Clinic.

REFRESHMENT, COMFORT & PLANT COMPOUNDS

Light, Refreshing, Honest.

06

LIGHT & REFRESHING

Digestive comfort & refreshment

Good hydration supports normal digestive function, and many people simply find coconut water light and easy to drink. It does **not** detoxify, cleanse organs, cure constipation or remove toxins — hydration is the honest mechanism.

07

NATURALLY PRESENT

Antioxidant compounds

Coconut water naturally contains small amounts of plant compounds with antioxidant activity. Present in modest quantities, one serving is not a disease-prevention treatment — it is a pleasant part of a balanced diet.

THE KILDE RULE

We state facts the way a spring does — plainly.

Every benefit here is written to stay inside EU/EEA rules. Coconut water is a refreshing, mineral-bearing drink — never a medicine, and never marketed as one.

Sources: Prasad & Mishra, antioxidant profile of tender coconut water (peer-reviewed) · Mayo Clinic · The Ohio State University Wexner Medical Center.

WHAT CAN ONE SERVING A DAY DO?

One Serving. A Simple Ritual.

One 330 ml serving can contribute to hydration and electrolyte intake **as part of a balanced diet** — a convenient daily habit, not a promise of transformation.

≈

~330 ml of fluid

Toward your daily fluid intake, in a resealable carton.

+

Naturally occurring electrolytes

Potassium-led, with a little sodium, magnesium and calcium.

K

A source of potassium

Depending on final verified product values.

◇

A lighter swap

A refreshing alternative to sugary drinks.



THE DAILY RITUAL

**Open.
Refresh.
Rehydrate.
Continue your day.**

NOT A CLAIM TO

cause weight loss · cure fatigue · prevent illness · replace a healthy diet · replace daily water · or guarantee changes in energy, skin or performance.

Careful wording: "One 330 ml serving can contribute to hydration and electrolyte intake as part of a balanced diet." Values pending KILDE laboratory confirmation.

NOT WATER VERSUS COCONUT WATER

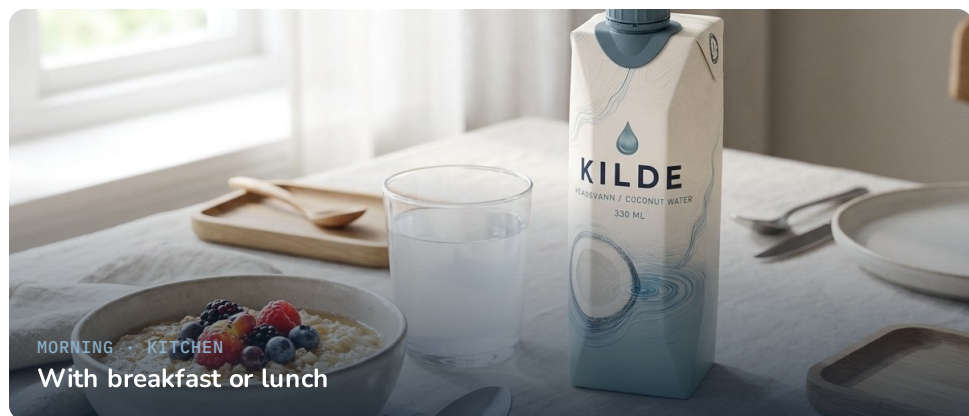
Water **Plus** Coconut Water.

CATEGORY	PLAIN WATER	COCONUT WATER
Primary purpose	Essential everyday hydration	Hydration plus naturally occurring minerals and carbohydrates
Calories	Normally zero	Usually contains some calories
Natural sugar	None	Naturally occurring sugar (no sugar added)
Electrolytes	Depends on the water source	Commonly potassium, with smaller amounts of others
Best use	Main source of everyday hydration	Refreshing supplement — after activity or sweating
Taste	Neutral	Naturally light and slightly sweet

THE TAKEAWAY Plain water stays the foundation of daily hydration. Coconut water **complements** it — adding flavour, electrolytes and natural carbohydrates. Not a replacement.

NATURALLY REFRESHING, WHEREVER THE DAY TAKES YOU

A Drink for the Whole Day.



THROUGH THE DAY

Morning hydration

During the working day

After a walk

Post-workout

At the gym

While travelling

Beach or pool

In hot weather

A non-alcoholic social drink

Instead of a soft drink

A refreshing everyday habit – always alongside a varied, balanced diet and plenty of plain water.

HYDRATION, ELEVATED BY NATURE

Hydration, Elevated by Nature.

KILDE Coconut Water combines natural refreshment, naturally occurring electrolytes and everyday convenience in one premium 330 ml serving.

Discover KILDE. Make natural hydration part of your day.

SCIENTIFIC SOURCES

EFSA Journal 2010;8(2):1469 · EU Reg. (EU) 432/2012 (authorised potassium claims) · Mayo Clinic — Coconut water FAQ · The Ohio State University Wexner Medical Center · Kalman et al., *J. Int. Soc. Sports Nutrition* 2012 · EU Reg. 1924/2006 & 1169/2011.

IMPORTANT INFORMATION

Nutrition values may vary by product formulation, coconut variety and processing method. Coconut water should be consumed as part of a varied and balanced diet and healthy lifestyle. It is not intended to diagnose, treat, cure or prevent any disease. People with kidney conditions, medically restricted potassium intake, diabetes or other relevant conditions should consult a qualified healthcare professional regarding suitable consumption.



SCAN FOR THE PRODUCT

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The full product & brand story

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