

Prebiotic/Probiotic Sodas

Updated May 2025

<p>Culture Pop</p> <p>45-50 CAL*</p> <p>8-11 G SUGAR</p> <p>0 G FIBER</p>	<p>Bacillus subtilis Vitamin B12, C</p>	<p>Poppi</p> <p>≤ 35 CAL*</p> <p>5 G SUGAR</p> <p>3 G FIBER</p>	<p>Prebiotic fiber from agave inulin and cassava root fiber</p> <p>May contain apple cider vinegar, vitamin B12, C, and some natural caffeine content**</p>
<p>Health-Ade SunSip</p> <p>≤ 40 CAL*</p> <p>5 G SUGAR</p> <p>2 G FIBER</p>	<p>Prebiotic fiber from inulin Vitamin B12, C, B6, selenium, zinc</p>	<p>Simply Pop</p> <p>50-60 CAL*</p> <p>9-10 G SUGAR</p> <p>6 G FIBER</p>	<p>Prebiotic fiber from soluble corn fiber and inulin</p> <p>May contain vitamin C, iron, potassium, zinc**</p>
<p>Humm</p> <p>0 CAL*</p> <p>0 G SUGAR</p> <p>0 G FIBER</p>	<p>Bacillus subtilis Vitamin B12, C, D</p>	<p>Turveda</p> <p>40 CAL*</p> <p>5 G SUGAR</p> <p>5 G FIBER</p>	<p>Prebiotic fiber from chicory root</p> <p>May contain a "Gut blend" or "Immunity blend" including extracts from black pepper, cinnamon, curcumin, ginger root, mushroom, and/or turmeric** (not an exhaustive list)</p>
<p>Olipop</p> <p>35-50 CAL*</p> <p>2-5 G SUGAR</p> <p>9 G FIBER</p>	<p>Prebiotic fiber from cassava root fiber, chicory root, Jerusalem artichoke, and nopal cactus</p> <p>May contain vitamins A, B12, C, and E, folate, and some caffeine content**</p>	<p>Wildwonder</p> <p>40 CAL*</p> <p>6 G SUGAR</p> <p>5 G FIBER</p>	<p>Bacillus subtilis + prebiotic fiber from chicory root and Jerusalem artichoke</p> <p>May contain ginger, hibiscus extract, honeysuckle, monk fruit extract, rose, and/or turmeric** (not an exhaustive list)</p>

* per serving **dependent on flavor

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