

Can I get a sample of your product before I purchase?

Yes, you can! Please reach out to us at info@nuunlife.com.

I found a tube and it's expired, can I still consume it? Can I get a replacement?

We recommend consuming our products within 6 months after the 'best by' date if still sealed, 2-3 months if opened. At this time, we don't offer replacements for expired product

How many tablets of Nuun can I consume per day?

Consumption differs from person to person depending on activity, sweating and medical needs. That said, most people consume 1-4 tabs a day depending on their needs. We recommend not exceeding 6 tabs per day.

I have food allergies. Is Nuun safe for me?

All of our products are **soy** and **dairy free**! We are **gluten free** and **vegan** certified. Our facility is a **nut and peanut free** facility. It is also a dedicated gluten-free facility which includes wheat. We do use non-GMO derived dextrose (from **corn**) in our electrolytes and performance formula. We do not have dextrose in our vitamin and immunity formula; however, it does contain non-GMO citric acid that is derived from **corn**. In our Electrolyte formula: the Citrus Fruit and Tri-Berry contain **grapefruit** as a natural flavor. If your particular allergy is not addressed here, please reach out to info@nuunlife.com so we can help answer your specific dietary questions.

Is Nuun safe for children?

All Nuun branded products do not contain any nutrients that cannot be consumed by children, and the refreshing taste and sodium may encourage them to drink more water. However, daily requirements for children differ to what's recommended for adults. Some of our Nuun electrolytes and Nuun vitamins contain small amounts of caffeine (40 mg per serving), and these products when consumed in greater quantities may not be suitable for children. We suggest consulting with your child's physician prior to use.

Is Nuun safe for diabetics?

Nuun electrolytes and Nuun vitamins contain very minimal amounts of both carbs and sugar. We use 1 gram of dextrose (d-glucose) to help increase the rate of fluid and nutrient delivery. Dextrose is high on the glycemic index (gi), but the minimal amount of dextrose in our electrolytes and vitamins products will have a little to no impact on blood sugar. We recommended consulting with your physician with any additional questions or concerns.

Can I consume Nuun if I'm pregnant?

Many of our team-members have drank Nuun all through their pregnancy. However, we always recommended consulting with your physician prior to use.

[Can I overdose on Nuun?](#)

Most of the nutrients in Nuun are water-soluble, any excessive consumption will be excreted through urine. However, some of our products contain 360 mg of sodium. Excessive sodium intake for sedentary individuals can lead to chronic diseases. Our electrolytes, and performance product lines are meant to be consumed before, during, or after exercise.

[Can Nuun help me hydrate?](#)

All Nuun branded products contain a blend of electrolytes to help aid in physical process of hydration when the tablets are suspended in water.

[Does Nuun contain corn derivatives?](#)

All Nuun products contain corn-derived dextrose and citric acid derived from fermented molasses and non-GMO corn. The source of our B-vitamins is Pyridoxal 5-Phosphate and folic acid, which are commonly derived from plant (corn, grain, etc.) or synthetic sources.

[Is Nuun manufactured in a facility that utilizes latex gloves?](#)

No, Nuun is manufactured in a facilities that uses nitrile gloves.

[Does Nuun contain any tree nuts and/or is Nuun manufactured in a facility that processes, handles, or produces products with any tree nuts?](#)

Nuun tablets do not contain any tree nuts or peanuts, and are manufactured in a facility that does not contain tree nuts or peanuts in any product it produces.

Nuun Endurance does not contain any tree nuts or peanuts, **but** is manufactured in a facility that also processes other products which may contain soy, dairy, wheat, tree nuts, shellfish, fish, peanuts, and eggs.

Procedures and programs have been initiated to protect the safety of non-allergen containing products. These procedures include but are not limited to: specific measures to verify cleaning procedures, cleaning of equipment and areas, proper product and utensils storage instructions and training for all employees on the possible dangers of allergens.

[Is Nuun vegan?](#)

Yes, all Nuun products are 100% vegan.

[How should I store Nuun Endurance?](#)

We recommend storing performance the same way as our tablets: at or below 80 degrees Fahrenheit. Be sure to re-seal the canister properly after use.

How long will Nuun Endurance stay fresh?

When stored at or under 80 degrees Fahrenheit with the canister properly closed, the dried powder will stay fresh for two years after manufactured date. When pre-mixed and refrigerated, Nuun Endurance will stay fresh for up to a week.

How long is Nuun good for?

Our products have a 24-month expiration date from the time they were produced. The expiration date can be found stamped on the bottom of the tube. Once added to water we recommend storing pre-mixed Nuun in the fridge, and consuming within the week. The longer it sits, the more flavor and electrolyte profile can degrade.