

True Sea Moss Launches Sparkling Electrolyte Drinks

25 September 2026 | News

The line is available in four flavors: Lemon, Watermelon, Cherry, and Mango



True Sea Moss, the wellness brand known for bringing ocean-grown minerals into everyday routines, announced the launch of Sparkling Hydration, a new line of sparkling electrolyte drinks combining sea moss, key electrolytes, and real fruit. Sparkling Hydration takes something ancestral and makes it fit an everyday can a category-first for a brand best known for sea moss gels. The line is available in four flavors: Lemon, Watermelon, Cherry, and Mango.

Each can delivers between 410mg and 450mg of electrolytes sodium, potassium, and magnesium depending on flavor, paired with real fruit juice or puree and a monk fruit-only sweetener. The formula was built to hit an optimal electrolyte profile without sacrificing taste. Sparkling Hydration is one of the only electrolyte drinks built around Sea Moss, a nod to True Sea Moss's roots, since electrolytes are what the ocean has always run on.

The 12 fl oz sleek cans have 0g added sugars (3–4g total sugar, from real fruit) and 25–30 calories. Lemon, Watermelon, and Cherry are made with real fruit juice, while Mango is made with real fruit puree; all four flavors are sweetened with monk fruit extract. The line is vegan and gluten-free.

"We wanted a format that keeps sea moss elemental real fruit, real minerals, nothing synthetic," said Jackie Ullman, VP of Marketing at True Sea Moss. "Sparkling Hydration takes what people already love about sea moss and puts it into a drink that's easy, refreshing, and fits into a real daily routine."