Founded by local Olympian athlete Kristen Buchanen, GoodOnYa believes Every Ingredient Matters. Living in the Olympic village and training 8 hours a day, Kris began to see that even athletes could develop bad eating and drinking habits, especially from sugary sports drinks. In her 2 San Diego café locations (Encinitas & Kearny Mesa), she creates food made from real food, and has developed GoodOnYa Hydrate drinks. The purpose of this organic electrolyte drink is to hydrate you, not overpower you with sugar and unwanted calories. The minerals used are sun dried from the Great Salt Lake and totally unprocessed. This means your body will recognize them and be able to absorb them. They use real organic fruit and the highest quality stevia on the market.