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- a second tube connecting the second container to the additive passageway of the manifold, the combination of the second tube and the additive passageway defining an additive channel;
- an outlet tube having one end connected to the mixing passageway of the manifold;
- a check valve disposed in the water channel; and
- a flow regulator that controls flow in at least one of the water passageway and the additive passageway, wherein the flow regulator is an adjustable flow regulator that is adjustable to allow full flow, partial flow and no flow through the at least one of the water passageway and the additive passageway.
2. The apparatus of claim 1 wherein the adjustable flow regulator controls flow in only the water passageway.
3. The apparatus of claim 1 wherein the adjustable flow regulator controls flow in only the additive passageway.
4. The apparatus of claim 1 wherein the adjustable flow regulator controls flow in both the water passageway and the additive passageway.
5. The apparatus of claim 1 wherein the adjustable flow regulator is infinitely adjustable between full flow and no flow.
6. The apparatus of claim 1 wherein the first container comprises a collapsible bladder.
7. The apparatus of claim 1 wherein the second container comprises a collapsible bladder that is not reused.
8. The apparatus of claim 1 further comprising a beverage in the first container.

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9. The apparatus of claim 1 wherein the water passageway has a larger diameter than the additive passageway.
10. The apparatus of claim 1 further comprising an additive disposed in the second container, the additive comprising at least one of a liquid, solid and gel.
11. The apparatus of claim 10 wherein the additive comprises at least one of a beverage, a beverage concentrate, flavoring, macronutrients, micronutrients, oral medications, aspirates, and dietary supplements.
12. The apparatus of claim 1 further comprising a restrictive orifice disposed in the additive channel.
13. The apparatus of claim 1 further comprising a second check valve disposed in the additive channel.
14. The apparatus of claim 1 further comprising a bite valve attached to another end of the outlet tube.
15. A method, comprising:
 providing the personal water and additive apparatus of claim 1;
 placing water in the first container and a beverage concentrate in the second container;
 sucking on the outlet tube to cause the water and the beverage concentrate to mix in the mixing passageway to produce a beverage.
16. The method of claim 15 further comprising adjusting the flow regulator to allow partial flow in the additive passageway.
17. The method of claim 15, wherein placing a beverage concentrate in the second container is performed only once.

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