



2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT

USBRB Commentary (PROS/CONS):

Hydration Capabilities:

PRO - Helps Rehydrate/Maintain Hydration

Electrolyte Content:

CON - Inadequate Amount of Electrolytes

Electrolyte Balance:

CON - Unbalanced Electrolytes

Flavoring:

PRO - Contains Natural Flavor(s)

Coloring:

PRO - Contains Natural Color(s)

Sugar Content:

PRO - Limited or No Sugar

Sweetener(s):

PRO - Contains Only Natural Sweetener(s),

CON - Contains Stevia (Diuretic)

Glycemic Index:

NEUTRAL - Medium Glycemic Index

Sodium Content:

NEUTRAL - Moderate Sodium

Stimulants:

PRO - Stimulant Free

Aids Recovery:

PRO - Aids Recovery

Provides Energy:

PRO - Boosts Energy

Other Functional Benefits:

CON - No Other Functional Benefits

hüma

Manufacturer:

Huma Gel

Phone: 615-852-8238

Email: questions@humagel.com

www.humagel.com/collections/huma-products/products/hydration-drink-mix



HUMA Hydration Low Calorie

Description: (from Manufacturer's Website)

Low-Calorie Electrolyte Powder for Sports & Exercise.

Primary Application(s):

Sports Activity (Fitness)

Beverage Form:

Powder - Pre-Measured

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Price per Serving:** \$0.75

3rd Party Certifications:

Vegan, Gluten Free

Flavor Name(s):*

(Different flavors may have unique ingredients and nutritional information related to their specific flavoring and/or coloring agents - see individual product labels for details.)

Raspberry Lemonade, Lemon Lime, Coconut Pineapple, Mixed Berries

Acceptable

Rating: **71.5** points



Nutrition Facts

Serving Size: 1 packet (5g)
Servings per Container: 10

Calories: **10**

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 380mg	17%
Total Carbohydrates 2g	1%
Fiber 0g	0%
Total Sugars 1g	
Including 1g Added Sugars	2%
Protein 0g	0%
Vitamin D	0%
Calcium	2%
Iron	0%
Potassium	2%

*Percent Daily Value is based on a 2,000 calorie diet.

Ingredients

Dextrose, Citric Acid, Sodium Citrate, Natural Flavors, Sea Salt, Potassium Citrate, Magnesium Citrate, Malic Acid, Stevia, Calcium Carbonate, Fruit and Vegetable Extract (Color), Ascorbic Acid (Vitamin C).

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