

# 2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT

## USBRB Commentary (PROS/CONS):

### Hydration Capabilities:

PRO - Helps Rehydrate/Maintain Hydration

### Electrolyte Content:

PRO - Proper Amount of Electrolytes

### Electrolyte Balance:

CON - Unbalanced Electrolytes

### Flavoring:

CON - Contains Some Artificial Flavor(s)

### Coloring:

CON - Contains Artificial Color(s)

### Sugar Content:

PRO - Limited or No Sugar

### Sweetener(s):

MIXED - Contains Both Natural and Artificial Sweeteners, PRO - Does Not Contain Stevia

### 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

# POWERLYTE®

Manufacturer:

PowerLyte

Phone: N/A

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[www.drinkpowerlyte.com/products-1](http://www.drinkpowerlyte.com/products-1)



## Powerlyte

Description: (from Manufacturer's Website)

Electrolyte Hydration Drink for Adults and Children.

Primary Application(s):

Daily Hydration, Sports Activity (Fitness)

Beverage Form:

Ready to Drink

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Price per Serving:\*\* \$1.83

3rd Party Certifications:

None

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.)

Strawberry, Tangerine, Grape, Blueberry, Pineapple, Mango Orange, Tropical Fruit

Poor Choice

Rating: **62.3** points



## Nutrition Facts

About 3 servings per container  
Serving size 12 fl oz (360 mL)

|                       | Per serving | Per container |
|-----------------------|-------------|---------------|
| Calories              | 35          | 100           |
|                       | % DV*       | % DV*         |
| Total Fat             | 0g 0%       | 0g 0%         |
| Sodium                | 370mg 16%   | 1030mg 45%    |
| Total Carbohydrate    | 9g 3%       | 25g 9%        |
| Total Sugars          | 9g          | 25g           |
| Includes Added Sugars | 9g 18%      | 25g 50%       |
| Protein               | 0g          | 0g            |
| Potassium             | 280mg 6%    | 780mg 15%     |
| Zinc                  | 2.8mg 25%   | 7.8mg 70%     |
| Chloride              | 440mg 20%   | 1240mg 50%    |

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium and iron.

\*The % Daily Value (DV) tells you how much nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Ingredients

Water, Dextrose, Less than 2% of: Citric Acid, Potassium Citrate, Salt, Natural and Artificial Flavor, Sodium Citrate, Sucralose, Acesulfame Potassium, Zinc Gluconate and Yellow 6.

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