

# 2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT



Manufacturer:  
MyHy Liquid Hydration

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[www.drinkmyhy.com/products/big-freezie-electrolyte-ice-16-count-bag](http://www.drinkmyhy.com/products/big-freezie-electrolyte-ice-16-count-bag)



## myhy Big Freezie Electrolyte Ice

**Description:** (from Manufacturer's Website)  
Combat High Temps and Dehydration with Our Big Freezie Pops that are a Hit with ALL Ages! Choose Your Flavor Pack and Treat Yourself to Grade-A Hydration.

**Primary Application(s):**  
Daily Hydration, Sports Activity (Fitness)

**Beverage Form:**  
Ready to Drink

**Beverage Base:**  
N/A

**Label (and Other) Warnings:**  
None

**Allergens: (Ingredient Related)**  
None

**Price per Serving:\*\*** \$0.37

**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.)

Orange & Fruit Punch, Island Ice & Ice Berry

Acceptable

Rating: **74.3** points



## Nutrition Facts

Serving Size: 1 pop (2 fl oz)  
Servings per Container: 1 **Calories: 10**

	% Daily Value *
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0g	0%
<b>Sodium</b> 85mg	4%
<b>Total Carbohydrate</b> 2g	1%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	
<b>Protein</b> 0g	
<b>Potassium</b> 15mg	0%
<b>Vitamin C</b> 0mg	0%
<b>Calcium</b> 0mg	0%
<b>Iron</b> 0mg	0%

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, Vitamin A, C, calcium and iron.

\*Percent Daily Value is based on a 2,000 calorie diet.  
\*\* Daily Value not Established.

**Ingredients**  
Water, Sugar, Sodium Citrate, Cellulose Gum, Citric Acid, Malic Acid, Natural Flavor, Potassium Citrate, Solium Benzoate, Stevia.

### 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:

NEUTRAL - Doesn't Contain Any Coloring

#### 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:

PRO - Limited or No Sodium

#### Stimulants:

PRO - Stimulant Free

#### Aids Recovery:

PRO - Aids Recovery

#### Provides Energy:

PRO - Boosts Energy

#### Other Functional Benefits:

CON - No Other Functional Benefits

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