



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:

PRO - Balanced Electrolytes/Rapid Hydration

Flavoring:

CON - Contains Some Artificial Flavor(s)

Coloring:

NEUTRAL - Doesn't Contain Any Coloring

Sugar Content:

PRO - Limited or No Sugar

Sweetener(s):

CON - Contains Only Artificial Sweetener(s),

PRO - Does Not Contain Stevia (Diuretic)

Glycemic Index:

PRO - Will Not Impact Blood Sugar

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

P10

P E R F O R M A N C E

Manufacturer:

P10 Performance

Phone: 877-876-9378

Email: p10@psrbrands.com

www.p10performance.com/products/max-hydration-recovery



P10 Performance Max Hydration

Description: (from Manufacturer's Website)

Optimal Synergistic, Ergogenic and Resorative Results.

Primary Application(s):

Sports Activity (Fitness)

Beverage Form:

Ready to Drink

Beverage Base:

Carbonated Water

Label (and Other) Warnings:

Not for Children, Do Not Use if Pregnant, Not for Nursing Mothers

Allergens: (Ingredient Related)

None

Price per Serving:** \$2.67

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.)

Watermelon Wave, Coconut-Lime

Acceptable

Rating: **76.9** points



Supplement Facts

Serving Size 1 can (12 fl. oz.)

Servings Per Container 1

	Amount per serving	%Daily Value
Calories	25	
Total Carbohydrate	8 g	3%*
Total Sugars	8 g	†
Includes 8g Added Sugars (as Dextrose)		16%
Calcium	138 mg	11%
Magnesium	30 mg	7%
Sodium	180 mg	8%
Potassium	157 mg	3%

P10 Hydrate Matrix

Dextrose, BCAAs (2:1:1, Leucine:Isoleucine:Valine), Calcium Lactate, Sodium Citrate, Potassium Citrate, Magnesium Citrate

*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.

Ingredients

Carbonated Water, Natural and Artificial Flavors, Citric Acid, Sucralose, Potassium Sorbate, Sodium Benzoate.

The USBRB is an Independent 3rd Party Research Company Whose Mission is to Help Consumers Make Educated, Healthy Nutritional Choices. For info visit www.usbrb.org. USBRB Data Sources Include Public Information Published by Each Company - Label Nutrition Facts; Company Website; Marketing Materials; Press Releases; Social Media. Statements Regarding Functional Ingredients Have Not Been Evaluated by the FDA or the USBRB. While Sports and Hydration Drinks Can Provide Real Benefits, They are Not Intended to Diagnose, Treat, Cure, or Prevent any Disease or Health Condition. * Flavor/Color Criteria Addresses the Entire Range of Flavors. **Product Pricing is a Market Estimate Taken at the Time of Publication. Manufacturer's Information is Subject to Change - Always Review Nutrition Facts on the Product Package for the Latest Information Before Consuming. Other Sizes and Forms May be Available - Consult the Manufacturer for the Latest Information. If You Have Any Questions Consult a Physician Before Consuming Any Product. If You are the Manufacturer of this Product (or an Authorized Agent) and You See and Errors in the Information, Please Contact us at info@usbrb.org.