

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/RapidHydration

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:

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:

PRO - Supports Healthy Cell Function, Heart Health, Prevents Heat Stroke, Helps Treat Ill-



AURA

Manufacturer:

Aura Roots

Phone: N/A

Email: notjustpaleo@gmail.com

www.auraroots.com/products/hydration-essentials-8-5-oz



Aura Hydration

Description: (from Manufacturer's Website)

A Complete and Balanced Electrolyte Formula to Help Promote Optimal Hydration and Health.

Used as a Medicine/Dietary Supplement.

Price per Serving:** \$1.53

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.)

Lemon Orange

Primary Application(s):

Clinical/Medical Supplement, Daily Hydration

Beverage Form:

Powder - Bulk

Beverage Base:

Still Water

Label (and Other) Warnings:

Use Under Medical Supervision, Consumption

Level Warning

Allergens: (Ingredient Related)

None

Highly Recommended

Rating: **89.6** points



Supplement Facts

Serving Size 8 grams (approx. one scoop)
Servings Per Container 30

Amount Per Serving	% Daily Value	
Calories	10	
Total Carbohydrate	3 g	1%**
Vitamin C (as Ascorbic Acid, Calcium Ascorbate, Magnesium Ascorbate)	1734 mg	1927%
Magnesium (as Di-Magnesium Malate, Magnesium Ascorbate)	80 mg	19%
Chloride (as Sodium Chloride)	190 mg	8%
Sodium (as Sodium Chloride)	110 mg	5%
Potassium (as Potassium Bicarbonate, Potassium Aspartate)	170 mg	4%
D-Ribose	757 mg	*
Taurine	379 mg	*
Citrus Bioflavonoids	14 mg	*
Quercetin	13 mg	*
Rutin	7 mg	*

*Daily Value not established.

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

Ingredients

Natural Flavors, Tapioca Dextrin, Silicon Dioxide, Steviol Glycosides (from Organic Stevia Rebaudiana Leaf), Citric Acid.

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