

# 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:

NEUTRAL - Doesn't Contain Any Coloring

### Sugar Content:

PRO - Limited or No Sugar

### Sweetener(s):

PRO - Contains Only Natural Sweetener(s),

PRO - Does Not Contain Stevia (Diuretic)

### Glycemic Index:

PRO - Will Not Impact Blood Sugar

### 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

# beam™

### Manufacturer:

Beam Organics Inc.

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[www.shopbeam.com](http://www.shopbeam.com)



## Beam Elevate Recovery

### Description: (from Manufacturer's Website)

Elevate Your Water - Give Your Body the Hydration it Craves.

### Primary Application(s):

Daily Hydration

### Beverage Form:

Powder - Pre-Measured

### Beverage Base:

Still Water

### Label (and Other) Warnings:

Do Not Use if Caffeine Sensitive, Not for Children

### Allergens: (Ingredient Related)

Tree Nuts and/or Coconut

Price per Serving:\*\* \$1.30

### 3rd Party Certifications:

NSF Certified

### 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.)

Fresh Lemon, Mixed Berry, Watermelon

Poor Choice

Rating: **67.9** points



## Nutrition Facts

15 servings per container  
Serving size 1 stick (11g)

Amount per serving

**Calories** **25**

	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 230mg	<b>10%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 3g	<b>5%</b>
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Calcium</b> 9mg	<b>0%</b>
<b>Iron</b> 0mg	<b>0%</b>
<b>Potassium</b> 125mg	<b>2%</b>
<b>Magnesium</b> 100mg	<b>25%</b>
<b>Zinc</b> 3mg	<b>25%</b>

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

### Ingredients

Hydrolyzed Collagen from Grass Fed Beef, Coconut Water, Citric Acid, BCAA 2:1:1 (L-Leucine, L-Isoleucine, L-Valine), Magnesium Glycinate, Natural Flavor, Himalayan Salt, Potassium Bicarbonate, Monk Fruit, Sodium Hyaluronate, Zinc Citrate

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