

2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT

USBRB Commentary (PROS/CONS):

Hydration Capabilities:

CON - Limited Hydration Capabilities

Electrolyte Content:

CON - Inadequate Amount of Electrolytes

Electrolyte Balance:

CON - Unbalanced Electrolytes

Flavoring:

NEUTRAL - Doesn't Contain Any Flavoring

Coloring:

NEUTRAL - Doesn't Contain Any Coloring

Sugar Content:

PRO - Limited or No Sugar

Sweetener(s):

NEUTRAL - Does Not Contain Any 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:

CON - No Recovery Ingredient(s)

Provides Energy:

CON - No Energy Ingredient(s)

Other Functional Benefits:

CON - No Other Functional Benefits



Manufacturer:

Stokely-Van Camp, Inc. (Gatorade)

Phone: 800-884-2867

Email: contact@gatorade.com

<https://www.gatorade.com/product/gatorade-water/unflavored-ready-to-drink-10052000054894>



Gatorade Water

Description: (from Manufacturer's Website)

Unflavored Alkaline Water with Added Electrolytes for Hydration and Taste.

Price per Serving:** \$1.08

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.)

Unflavored

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

Poor Choice

Rating: **61.9** points



Nutrition Facts

About 3 servings per container

Serving Size 12 fl oz (360 mL)

	Per Serving		Per Container	
Calories		0		0
		% DV*		% DV*
Total Fat	0g	0%	0g	0%
Sodium	30mg	1%	90mg	4%
Total Carb.	0g	0%	0g	0%
Protein	0g		0g	

Not a significant source of other nutrients.

*%DV = % Daily Value

Ingredients

Purified Water (by Reverse Osmosis), Disodium Phosphate, Sodium Bicarbonate, Monopotassium Phosphate.

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