

2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT



Manufacturer:
MySpringEnergy

Phone: 510-470-7390

Email: contact@myspringenergy.com

www.myspringenergy.com/collections/all



Spring Energy Gels - 210 Calories

Description: (from Manufacturer's Website)
Designed to Give You Plenty of Calories with a Little Extra Kick from High-Quality Cold Brew Coffee. Contains 10-15mg Caffeine.

Primary Application(s):
Extreme Workouts

Beverage Form:
Gel

Beverage Base:
N/A

Label (and Other) Warnings:
Not for Children, Do Not Use if Caffeine Sensitive, Do Not Use if Pregnant, Not for Nursing Mothers

Allergens: (Ingredient Related)
Tree Nuts and/or Coconut

Price per Serving:** \$4.69

3rd Party Certifications:
Vegan

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.)

Koffee

Not Recommended

Rating: **48.6** points



Nutrition Facts

Serving Size: 1 packet (50g)
Servings per Container: 1 **Calories: 210**

	% Daily Value *
Total Fat 15g	22%
Saturated Fat 10g	46%
Monounsaturated Fat 2g	
Polysaturated Fat 1g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 32mg	1%
Potassium 73mg	2%
Total Carbohydrates 17g	6%
Dietary Fiber 2g	8%
Total Sugars 11g	
Protein 3g	5%
Vitamin A 0mcg	0%
Vitamin C 41mcg	45%
Calcium 0mg	0%
Iron 0.5mg	6%

*Percent Daily Value in based on 2,000 calorie diet.

Ingredients
Cold Brew Coffee, Cashew Butter, Basmati Rice, Coconut Butter, Coconut Oil, Maple Syrup, Organic Chia Seeds, Coffee Beans, Soy Lecithin, Sea Salt, Vanilla. Contains: Tree Nuts (Cashew, Coconut). Contains 10-15mg Caffeine per Serving.

USBRB Commentary (PROS/CONS):

Hydration Capabilities:

PRO - Helps Rehydrate/Maintain Hydration

Electrolyte Content:

CON - Inadequate Amount of Electrolytes

Electrolyte Balance:

PRO - Balanced Electrolytes/RapidHydration

Flavoring:

PRO - Contains Natural Flavor(s)

Coloring:

NEUTRAL - Doesn't Contain Any Coloring

Sugar Content:

CON - Contains Excessive Sugar

Sweetener(s):

PRO - Contains Only Natural Sweetener(s),

PRO - Does Not Contain Stevia (Diuretic)

Glycemic Index:

CON - High Glycemic Index

Sodium Content:

PRO - Limited or No Sodium

Stimulants:

CON - Contains Stimulant(s)

Aids Recovery:

PRO - Aids Recovery

Provides Energy:

PRO - Boosts Energy

Other Functional Benefits:

PRO - Bolsters Immunity

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