

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:

CON - High Glycemic Index

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



Manufacturer:
Hammer Nutrition

Phone: 800-336-1977

Email: support@hammernutrition.com

www.hammernutrition.com/collections/fuels/products/hammer-gel



Hammer Gel

Description: (from Manufacturer's Website)

Complex Carbohydrates, All-Natural Ingredients and pH Balanced Formula Provide Quick-Acting Energy.

Primary Application(s):

Extreme Workouts

Beverage Form:

Gel

Beverage Base:

N/A

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Price per Serving:** \$1.40

3rd Party Certifications:

Vegan, Kosher

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.)

Apple Cinnamon, Banana, Chocolate, Huckleberry, Nocciola (Hazelnut), Orange, Peanut Butter, Raspberry, Vanilla

Poor Choice

Rating: **62.8** points



Nutrition Facts

Serving Size 1 Packet (33g)

	Amount Per Serving	% Daily Value*
Calories	90	
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	35mg	2%
Total Carbohydrate	22g	8%
Dietary Fiber	0g	0%
Total Sugars	2g	
Added Sugars	0g	0%
Protein	0g	
Vitamin D		0%
Calcium		0%
Iron		0%
Potassium		0%

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

Ingredients

Maltodextrin, Water, Fruit Juice Concentrate, Energy Smart® (Grape Juice, Rice Dextrin), Natural Flavor, Cultured Dextrose, Ascorbic Acid, Potassium Carbonate, Salt, L-Leucine, L-Alanine, L-Valine, L-Isoleucine.

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