

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:

CON - Unbalanced Electrolytes

Flavoring:

PRO - Contains Natural Flavor(s)

Coloring:

PRO - Contains Natural Color(s)

Sugar Content:

PRO - Limited or No Sugar

Sweetener(s):

PRO - Contains Only Natural Sweetener(s),

PRO - Does Not Contain Stevia (Diuretic)

Glycemic Index:

NEUTRAL - Medium 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:

PRO - Bolsters Immunity

BOLDFIT

Manufacturer:

BoldFit/Sasvat Omnicare Pvt Ltd.

Phone: N/A

Email: support@boldfit.in

<https://boldfit.in/products/energy-blend-electrolyte-isotonic-sports-drink>



Bold Fit Energy Blend Electrolyte Powder

Description: (from Manufacturer's Website)

The Combination of Our Rapidly Absorbed Glucose-Based Formula and the Ideal Sodium to Potassium Ratio, Paired with a Great Taste, Equate to a Drink Formulated for Life!

Primary Application(s):

Daily Hydration, Sports Activity (Fitness)

Beverage Form:

Powder - Bulk

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Price per Serving:** N/A

3rd Party Certifications:

Gluten Free, Vegan, Non-GMO, Soy Free

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.)

Green Apple, Orange, Watermelon

Acceptable

Rating: **75.2** points



Nutrition Facts

About 33 servings per container

Serving Size 1 Scoops (30g)

Amount per serving

Calories 115

Approx. Composition	Amount per Serving	%RDA* as per ICMR
Total Fat	0g	0g
Carbohydrates	28.8g	**
Sucrose	4.2g	**
Protein	0g	0.0%
Calcium	350mg	58%
Sodium	180mg	8.5%
Potassium	70mg	1.8%
Chloride	55mg	3%
Phosphorus	50mg	8.3%
Magnesium	5mg	1.47%
Zinc	3mg	25%
Vitamin C	40mg	100%
Vitamin B3	3.5mg	21.9%
Folic Acid	30mcg	25.5%
Vitamin B12	1mcg	100%
Beetroot Extract	150mg	**
Carnitine	25mg	**

**Recommended daily allowance (RDA) not established.

*RDA allowances of nutrients as per guidelines of Indian Council of Medical Research (ICMR).

Ingredients

Sucrose, Calcium, Sodium, Potassium, Chloride, Phosphorus, Magnesium, Zinc, Vitamin C (Ascorbic Acid), Vitamin B3 (Niacin), Folic Acid (Vitamin B9), Vitamin B12 (Cyanocobalamin), Natural Flavors, Beet Root Extract (Color), L-Carnitine.

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