

# 2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT

## USBRB Commentary (PROS/CONS):

### Hydration Capabilities:

PRO - Helps Rehydrate/Maintain Hydration

### Electrolyte Content:

CON - Slightly High 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):

PRO - Contains Only Natural Sweetener(s),

CON - Contains Stevia (Diuretic)

### Glycemic Index:

PRO - Will Not Impact Blood Sugar

### Sodium Content:

PRO - Limited or No Sodium

### Stimulants:

PRO - Stimulant Free

### Aids Recovery:

PRO - Aids Recovery

### Provides Energy:

CON - No Energy Ingredient(s)

### Other Functional Benefits:

CON - No Other Functional Benefits

# Adapted Nutrition®

Manufacturer:

Adapted Nutrition

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<https://adapted-nutrition.com/products/ke-to-k1000-electrolyte-powder>



## Keto K1000 Electrolyte Powder

Description: (from Manufacturer's Website)

High Potassium Electrolyte Supplement Designed for Powerful Hydration, to Help Reduce Cramps and Beat Keto Flu.

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:\*\* \$0.80

3rd Party Certifications:

Non-GMO, Vegan, Gluten Free, Soy Free, Dairy 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.)

Unflavored

Acceptable

Rating: **75.9** points



## Supplement Facts

Serving Size: 1 Scoop Approx. 4.5g (0.16oz)		Servings Per Container: 50
	Amount Per Serving	% Daily Value
Calcium (from Calcium Lactate)	75 mg	6%
Magnesium (from Magnesium Citrate)	120 mg	30%
Chloride (from Sea Salt)	15 mg	<1%
Sodium (from Sea Salt)	10 mg	<1%
Potassium (from Potassium Citrate)	1,000 mg	21%
Trace Mineral Complex	100 mg	**

\*\*Daily Value (DV) not established.

### Ingredients

Citric Acid Anhydrous, Natural Fruit Flavor, Malic Acid, Rice Fiber, Stevia.

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