



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:

CON - Contains Excessive Sugar

Sweetener(s):

PRO - Contains Only Natural Sweetener(s),

PRO - Does Not Contain Stevia (Diuretic)

Glycemic Index:

NEUTRAL - Medium Glycemic Index

Sodium Content:

NEUTRAL - Moderate Sodium

Stimulants:

PRO - Stimulant Free

Aids Recovery:

PRO - Aids Recovery

Provides Energy:

PRO - Boosts Energy

Other Functional Benefits:

CON - No Other Functional Benefits

READY®

Manufacturer:

Come Ready Foods LLC

Phone: 412-939-3399

Email: info@teamready.com

www.teamready.com/shop



Ready Sports Drink

Description: (from Manufacturer's Website)

Super Fruit Blend, Dominant Electrolytes, B Vitamins with 40% Fruit Juice.

Price per Serving:** \$2.22

3rd Party Certifications:

Kosher, Gluten 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.)

Berry Lemonade, Black Cherry, Fruit Punch,

Mixed Berry, Peach Mango, Strawberry Banana

Primary Application(s):

Sports Activity (Fitness)

Beverage Form:

Ready to Drink

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Poor Choice

Rating: **61.2** points



Nutrition Facts

1 Serving Per Container
Serving size 16.9 fl. oz. (500ml)

Amount per serving

Calories 110

% Daily Value*

Total Fat 0g 0%

Sodium 240mg 10%

Total Carbohydrate 25g 9%

Total Sugars 19g

Includes 0g Added Sugars 0%

Protein 1g

Potassium 200mg 4%

Niacin (Vitamin B₃) 8mg 50%

Vitamin B₆ 1.8mg 110%

Folate (Vitamin B₉) 417mcg 100%

Vitamin B₁₂ 2.5mcg 100%

Magnesium 26mg 6%

Chloride 344mg 15%

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, and iron.

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients

Filtered Water, Fruit Juice Concentrate Blend, Citric Acid, Electrolyte Mix (Sea Salt, Potassium Citrate, Magnesium Citrate), Vitamin Mix (Niacin, Vitamin B12, Folic Acid, Vitamin B6), Natural Flavors, Fruit and Vegetable Juice (for Color).

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