

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:

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 - Provides Endurance Support, Bolsters Immunity



Manufacturer:

AdvoCare International, LLC

Phone: 800-542-4800

Email: customerservice@advocare.com

www.advocare.com/advocare-rehydrate/rehydrate-stickpack.html

AdvoCare Rehydrate

Description: (from Manufacturer's Website)

More Than a Sports Drink - Everyday Hydration; Electrolyte Balance, Optimal Hydration, Supports Recovery. Not for Use by Children Under 4 Years of Age.

Primary Application(s):

Daily Hydration, Extreme Workouts

Beverage Form:

Powder - Pre-Measured

Beverage Base:

Still Water Water

Label (and Other) Warnings:

Not for Children

Allergens: (Ingredient Related)

None



Price per Serving:** \$1.43

3rd Party Certifications:

Informed Choice

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.)

Pomegranate Tangerine, Fruit Punch, Orange, Grape, Melon, Berry Lemon Ice, Mango Pineapple, Red Raspberry

Acceptable

Rating: **71.6** points



Nutrition Facts

14 servings per container

Serving Size **1 stick pack (12g)**

Amount per serving

Calories **40**

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Total Sugars 6g	
Includes 6g Added Sugars	12%

Protein 0g

Vitamin D 0mcg	0%	• Calcium 100mg	8%
Iron 0mg	0%	• Potassium 100mg	2%
Vitamin A 300mcg	35%	• Vitamin C 120mg	130%
Thiamine 0.15mg	15%	• Riboflavin 0.17mg	15%
Niacin 2mg	15%	• Vitamin B6 2mg	120%
Pantothenic Acid 0.6mg	10%	• Magnesium 40mg	10%
Chromium 4.8mcg	15%		

*The % Daily Value 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

Fructose, Maltodextrin, Dextrose, Calcium Lactate, Citric Acid, Magnesium Citrate, Sodium Citrate, Beta Carotene, L-Alanyl- L-Glutamine, Potassium Citrate, Ascorbic Acid, Salt, L-Arginine Hcl, Potassium Chloride, Natural Flavor, Silicon Dioxide, Sucralose, Pyridoxine Hydrochloride, Niacinamide, D-Calcium Pantothenate, Chromium Citrate, Riboflavin, Thiamine Hydrochloride.

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