

# 2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT

## USBRB Commentary (PROS/CONS):

### Hydration Capabilities:

PRO - Helps Rehydrate/Maintain Hydration

### Electrolyte Content:

CON - High Amount of Electrolytes

### Electrolyte Balance:

CON - Unbalanced Electrolytes

### Flavoring:

CON - Contains Some Artificial Flavor(s)

### Coloring:

CON - Contains Artificial Color(s)

### Sugar Content:

PRO - Limited or No Sugar

### Sweetener(s):

MIXED - Contains Both Natural and Artificial Sweeteners, PRO - Does Not Contain Stevia

### 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:

PRO - Supports Gut Health, Provides Endurance Support



Manufacturer:  
Abbott Labs

Phone: 800-227-5767

Email: [www.pedialyte.com/ask-us/live-sup](http://www.pedialyte.com/ask-us/live-sup)  
[www.pedialyte.com/products/sport-liter](http://www.pedialyte.com/products/sport-liter)



## Pedialyte Sport

### Description: (from Manufacturer's Website)

From the #1 Doctor Recommended Brand for Hydration. 5 Key Electrolytes for Fast Hydration and Muscle Support.

### Primary Application(s):

Sports Activity (Fitness), Extreme Workouts

### Beverage Form:

Ready to Drink

### Beverage Base:

Still Water

### Label (and Other) Warnings:

Contains Milk Ingredients

### Allergens: (Ingredient Related)

Milk and/or Eggs

Price per Serving:\*\* \$1.83

### 3rd Party Certifications:

None

### 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.)

Lemon Lime, Fruit Punch, Berry Freeze

Not Recommended

Rating: **50.4** points



## Nutrition Facts

About 3 servings per container  
Serving size 12 fl oz (360 mL)

	Per serving	Per container
<b>Calories</b>	<b>30</b>	<b>85</b>
	% DV*	% DV*
Total Fat	0g 0%	0g 0%
Sodium	490mg 21%	1380mg 60%
Total Carbohydrate	9g 3%	25g 9%
Dietary Fiber	<1g 2%	2g 10%
Total Sugars	5g	14g
Incl. Added Sugars	5g 10%	14g 28%
Protein	0g	0g
Potassium	470mg 10%	1320mg 30%
Phosphorus	140mg 10%	400mg 30%
Magnesium	40mg 10%	120mg 30%
Chloride	690mg 30%	1940mg 80%

Not a significant source of saturated fat, trans fat, cholesterol, 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.

### Ingredient

Water, Dextrose. Less than 1.0% of: Galactooligosaccharides, Salt, Potassium Citrate, Citric Acid, Natural & Artificial Flavors, Potassium Phosphate, Magnesium Chloride, Sodium Citrate, Sucralose, Acesulfame Potassium, and Red 40. Contains Milk Ingredients.

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