

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:

CON - Contains Some Artificial Flavor(s)

Coloring:

NEUTRAL - Doesn't Contain Any Coloring

Sugar Content:

PRO - Limited or No Sugar

Sweetener(s):

CON - Contains Only Artificial Sweetener(s),

PRO - Does Not Contain Stevia (Diuretic)

Glycemic Index:

PRO - Will Not Impact Blood Sugar

Sodium Content:

NEUTRAL - Moderate Sodium

Stimulants:

PRO - Stimulant Free

Aids Recovery:

PRO - Aids Recovery

Provides Energy:

PRO - Boosts Energy

Other Functional Benefits:

PRO - Bolsters Immunity

propel

Manufacturer:

Stokely-Van Camp, Inc. (Gatorade)

Phone: 877-377-6735

Email: contact@gatorade.com

www.propelwater.com/products/electrolyte-hydration



Propel Fitness Water (Powder)

Description: (from Manufacturer's Website)

Great Flavors with Gatorade Electrolytes, to Help You Hydrate and Enjoy Your Best Workout with Zero Sugar.

Price per Serving:** \$1.00

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.)

Berry, Black Cherry, Grape, Kiwi Strawberry, Lemon, Mango, Peach, Strawberry Lemonade, Watermelon

Primary Application(s):

Daily Hydration, Sports Activity (Fitness)

Beverage Form:

Powder - Pre-Measured

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Poor Choice

Rating: **63.3** points



Nutrition Facts

Serving Size: 1 packet (2.5)

Servings per Container: 10

Calories: 0

	% Daily Value *
Total Fat 0g	0%
Sodium 210mg	9%
Total Carbohydrates <1g	0%
Total Sugars 0g	
Includes 0g Added Sugar	0%
Protein 0g	
Potassium 70mg	0%
Vitamin C 24mg	25%
Vitamin E 5.4mg	35%
Niacin 10mg	60%
Vitamin B6 1mg	60%
Vitamin B12 0.5mcg	20%
Pantothenic Acid 5mg	100%

*Percent Daily Value is based on a 2,000 calorie diet.
** Daily Value not Established.

Ingredients

Citric Acid, Maltodextrin, Salt, Sodium Citrate, Monopotassium Phosphate, Ascorbic Acid (Vitamin C), Sucralose, Silicon Dioxide, Niacinamide (Vitamin B3), Acesulfame Potassium, Calcium Disodium EDTA (to Protect Flavor), Calcium Pantothenate (Vitamin B5), Vitamin E Acetate, Pyridoxine Hydrochloride (Vitamin B6), Natural Flavor, Cyanocobalamin (Vitamin B12).

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