

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:

PRO - Balanced Electrolytes/RapidHydration

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),

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:

PRO - Boosts Energy

Other Functional Benefits:

CON - No Other Functional Benefits



Manufacturer:

PLEZi Nutrition LLC

Phone: 310-752-9931

Email: hello@plezi.com

<https://plezi.com>



PLEZi Juice Drink Blend

Description: (from Manufacturer's Website)

Helping to Raise a Healthier Generation of Kids
by Reducing the Sugar Problem.

Primary Application(s):

Daily Hydration, Sports Activity (Fitness)

Beverage Form:

Ready to Drink

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Price per Serving:** \$1.25

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.)

Tropical Punch, Orange Smash, Sour Apple,
Blueberry Blast

Highly Recommended

Rating: **81.6** points



Nutrition Facts

Serving size **1 Bottle**

Amount per serving

Calories 35

% Daily Value*

Total Fat 0g **0%**

Sodium 35mg **2%**

Total Carbohydrate 9g **3%**

Dietary Fiber 2g **7%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

Protein 0g

Potassium 100mg **2%**

Vitamin C 90mg **100%**

Magnesium 10mg **2%**

Zinc 1.3mg **10%**

Not a significant source of sat fat, trans fat,
cholesterol, vitamin D, calcium, and iron.

*Percent Daily Value is based on a 2,000 calorie diet.

Ingredients

Water, Fruit Juice Concentrate, Soluble Vegetable
Fiber, Citric Acid, Potassium Citrate, Ascorbic Acid,
Sodium Citrate, Magnesium Lactate, Natural Flavors,
Stevia Leaf Extract, Monk Fruit Extract, Pectin, Beta
Carotene (Color), Zinc Oxide.

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USBRB Data Sources Include Public Information Published by Each Company - Label Nutrition Facts; Company Website; Marketing Materials; Press Releases; Social Media.
Statements Regarding Functional Ingredients Have Not Been Evaluated by the FDA or the USBRB. While Sports and Hydration Drinks Can Provide Real Benefits, They are Not
Intended to Diagnose, Treat, Cure, or Prevent any Disease or Health Condition. * Flavor/Color Criteria Addresses the Entire Range of Flavors. **Product Pricing is a Market
Estimate Taken at the Time of Publication. Manufacturer's Information is Subject to Change - Always Review Nutrition Facts on the Product Package for the Latest Information
Before Consuming. Other Sizes and Forms May be Available - Consult the Manufacturer for the Latest Information. If You Have Any Questions Consult a Physician Before
Consuming Any Product. If You are the Manufacturer of this Product (or an Authorized Agent) and You See and Errors in the Information, Please Contact us at info@usbrb.org.