

# 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:

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:

PRO - Limited or No Sodium

### Stimulants:

PRO - Stimulant Free

### Aids Recovery:

PRO - Aids Recovery

### Provides Energy:

PRO - Boosts Energy

### Other Functional Benefits:

PRO - Bolsters Immunity



### Manufacturer:

Klean Athlete/Nestlé Health Science US

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[shop.kleanathlete.com/electrolytes-and-energy.list](https://shop.kleanathlete.com/electrolytes-and-energy.list)



## Klean Athlete Klean Hydration

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

Performing at Your Best Through Optimal Hydration is Simple with This Great-Tasting, Naturally Sweetened and Balanced Hydration Powder.

### 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

Price per Serving:\*\* \$2.10

### 3rd Party Certifications:

Vegan, Gluten Free, Non-GMO

### 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.)

Orange

Poor Choice

Rating: **60.6** points



Supplement Facts		
Serving Size 1 Sachet (approx. 17.9 grams) • Servings Per Container 1		
	Amount Per Serving	%DV
Calories	60	
Total Carbohydrate	16 g	6%
Total Sugars	12 g	
Includes 12g Added Sugars		24%
Vitamin C (as ascorbic acid)	12.5 mg	14%
Calcium (as TRAACS® calcium bisglycinate chelate)	35 mg	3%
Magnesium (as magnesium citrate)	25 mg	6%
Sodium (as sodium citrate)	160 mg	8%
Potassium (as potassium citrate)	70 mg	1%
Carbohydrate Blend	15 g	
Sucrose (from cane/beet), Highly Branched Cyclic Dextrin (Cluster Dextrin®), Dextrose, Fructose		
*Daily Value (DV) not established		
**Percent Daily Values are based on a 2,000 calorie diet		

### Ingredients

Citric Acid, Sucrose, Dextrose, Fructose, Organic Fruit Flavor with Other Natural Flavors, Red Beet (for Color), Beta Carotene (for Color).

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