



2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT

USBRB Commentary (PROS/CONS):

Hydration Capabilities:

PRO - Helps Rehydrate/Maintain Hydration

Electrolyte Content:

PRO - Proper 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),

CON - Contains 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

CALIFORNIA GOLD NUTRITION®

Manufacturer:

California Gold Nutrition/iHerb, LLC

Phone: N/A

Email: www.californiagoldnutrition.com/pag-

[www.californiagoldnutrition.com/collections/-](http://www.californiagoldnutrition.com/collections/-california-gold-nutrition-hydration-up)

california-gold-nutrition-hydration-up



California Gold Nutrition HydrateUP

Description: (from Manufacturer's Website)

A Busy Day at the Office, an Intense Workout, or a Long Hike in the Sun Can all Leave You Feeling the Effects of Dehydration. Level Up Your Fluid Intake by Adding Much Needed Electrolytes and Vitamins to Your Water.

Primary Application(s):

Daily Hydration, Sports Activity (Fitness)

Beverage Form:

Powder - Bulk

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Price per Serving:** \$0.53

3rd Party Certifications:

Vegan, Gluten Free, Non-GMO, Soy Free, Keto-Paleo Friendly

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 Fruit, Citrus, Grape, Mixed Berry, Fruit Punch

Highly Recommended

Rating: **81.1** points



Nutrition Facts

Serving Size: 1 scoop (4.8g)

Servings per Container: 47

Calories: 5

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 230mg	10%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 110mg	8%
Iron 0g	0%
Potassium 200mg	4%
Vitamin C 210mg	230%
Vitamin E 20mg	130%
Magnesium 40mg	10%
Chloride 370mg	15%

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

** Daily Value not Established.

Ingredients

Calcium Lactate, Citric Acid, Organic Natural Flavor, Sodium Gluconate, Sea Salt, Trimagnesium Citrate, Organic Beet Juice Powder (for Color), Ascorbic Acid, Potassium Chloride, Tripotassium Citrate, Gum Blend (Gum Gum, Gum Acacia, Xanthan Gum), Stevia Leaf Extract, Potassium Phosphate, Beta Carotene (for Color), d-Alpha Tocopheryl Acetate.

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