

# 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:

PRO - Limited or No Sugar

### Sweetener(s):

PRO - Contains Only Natural Sweetener(s),

CON - Contains Stevia (Diuretic)

### Glycemic Index:

CON - High 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 Healthy Cell Function, Heart Health, Prevents Heat Stroke, Provides Endur-



Manufacturer:

Ryno Power Sports Supplements

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[www.rynopower.com/products/hydration-fuel-electrolyte-drink-mix](http://www.rynopower.com/products/hydration-fuel-electrolyte-drink-mix)



## Ryno Power Electrolyte Fuel

Description: (from Manufacturer's Website)

Replaces Sodium, Calcium, Potassium, & Magnesium to Keep You Hydrated to Optimal Levels. BCAAs, Amino Acids & Glutamine Will Naturally Help Reduce Muscle Fatigue, and Improve Your Recovery Time.

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:\*\* \$2.49

3rd Party Certifications:

Non-GMO, Gluten Free, Vegan

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

Poor Choice

Rating: **68.5** points



## Supplement Facts

Serving Size: 45 g Servings Per Container: 20

Calories 150		
	Amount Per Serving	%DV
<b>Total Carbohydrates</b>	40 g	13%*
Sugars	9 g	**
Includes 7g Added Sugars		
		10%
<b>Sodium</b>	333 mg	14%*

\* Percent Daily Values are based on a 2,000 calorie diet.

\*\* Daily value not established

### Ingredients

Non-GMO Glucose Polymers from Corn, Organic Evaporated Cane Juice, BCAA Muscle Recovery Blend 2:1:1 (Leucine, Isoleucine, Valine), L-Glutamine, D-Ribose, Non-GMO Natural Flavors, Electrolyte Blend (Sodium Chloride, Tri-Sodium Citrate, Potassium Citrate, Calcium Citrate, Magnesium Citrate, Vitamin C, Vitamin D, Stevia, Natural Colors from Fruit and Vegetables.

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