



# 2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT

## USB RB Commentary (PROS/CONS):

### Hydration Capabilities:

PRO - Helps Rehydrate/Maintain Hydration

### Electrolyte Content:

PRO - Proper Amount of Electrolytes

### Electrolyte Balance:

PRO - Balanced Electrolytes/RapidHydration

### 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),

CON - Contains 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:

Hydro One Beverages

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## Hydro One BODE Sport

Description: (from Manufacturer's Website)

Hydrates as Well as Restores Electrolytes, Carbohydrates, and Other Nutrients Which Can Only Be Depleted After Exercise or Athletics and is an Excellent Source of Replenishment for Athletes Training or Competing.

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:\*\* \$2.29

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.)

Black Cherry Grape, Lemon Lime

Acceptable

Rating: **73.9** points



## Nutrition Facts

Serving Size: 1 bottle (473ml)  
Servings per Container: 1 Calories: 50

Amount Per Serving % DV\*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0g 0%

Sodium 96mg 4%

Total Carb. 12g 4%

Dietary Fiber 0g 0%

Total Sugars 12g

Incl. 12g Added Sugars 25%

Protein 0g 0%

Vitamin D 0mcg 0%  
Vitamin C 18mg 20%  
Vitamin B6 .34mg 20%  
Vitamin B12 .48mcg 20%  
Calcium 104mg 8%  
Vitamin E 3mg 20%  
Folate 120mcg 30%  
Magnesium 42mg 10%  
Iron 0mg%  
Thiamin .36mg 10%  
Folic Acid 48mcg DFE 10%  
Chromium 17.5mcg 50%  
Potassium 400mg 8%  
Niacin 3.2mg 20%

\* Percent Daily Value (DV) based on a 2,000 calorie diet.

### Ingredients

Filtered Water, Cane Sugar, Citric Acid, Natural Flavors, Malic Acid, Dipotassium Phosphate, Fruit and Vegetable Juice (for Color), Calcium Lactate Gluconate, D-Ribose, Rebaudioside A 97% (Stevia Extract), Magnesium Lactate, Sodium Chloride, Guarana Seed Extract, CoQ10, Ascorbic Acid, Alpha-Tocopheryl Acetate, Niacinamide, D-Calcium Pantothenate, Vitamin B12, Folic Acid, Pyridoxine Hydrochloride, Thiamin Mononitrate, Vitamin B6.

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