

2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT



Manufacturer:
Ghost LLC

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Ghost Hydration (Ready to Drink)

Description: (from Manufacturer's Website)
Ready to Drink Version of Our Beverage Formulated for Sport But Meant for Life - Sugar Free.

Price per Serving:** \$1.99

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.)

Orange Squeeze, Lemon Lime, Kiwi Strawberry, Sour Patch Kids "Redberry"

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

USBRB Commentary (PROS/CONS):

Hydration Capabilities:

PRO - Helps Rehydrate/Maintain Hydration

Electrolyte Content:

CON - Inadequate Amount of Electrolytes

Electrolyte Balance:

CON - Unbalanced Electrolytes

Flavoring:

CON - Contains Some Artificial Flavor(s)

Coloring:

PRO - Contains Natural Color(s)

Sugar Content:

PRO - Limited or No Sugar

Sweetener(s):

CON - Contains Only Artificial Sweetener(s),
PRO - Does Not Contain 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

Poor Choice

Rating: **64.8** points



Supplement Facts

Serving Size: 16.9 fl.oz. (500ml)
Servings per Container: 1 Calories: 15

	Amount Per Serving	% Daily Value
CALORIES	15	N/A*
TOTAL FAT	0 G	N/A*
SODIUM	40 MG	2%
TOTAL CARBOHYDRATE	4 G	1%
TOTAL SUGARS	0 G	N/A*
PROTEIN	0 G	N/A*
CALCIUM	60 MG	4%
POTASSIUM	700 MG	15%
VITAMIN C	90 MG	100%
VITAMIN B6	1.7 MG	100%
VITAMIN B12	2.4 MCG	100%
MAGNESIUM	126 MG	30%
CHLORIDE	70 MG	4%
TOTAL ELECTROLYTES	996 MG	N/A*
POTASSIUM	700 MG	N/A*
MAGNESIUM	126 MG	N/A*
AQUAMIN SOLUBLE - SEAWEED-DERIVED	500 MG	N/A*
CALCIUM NITRATE MALATE		
SENACTIV - PANAX NOTOGINSENG ROOT AND ROSA ROXBURGHII FRUIT EXTRACTS	50 MG	N/A*

*Percent Daily Value is based on a 2,000 calorie diet.
** Daily Value not Established.

Ingredients

Filtered Water, Citric Acid, Potassium Citrate, Trimagnesium Citrate, Ascorbic Acid, Seaweed-Derived Calcium Citrate Malate, Natural and Artificial Flavor, Vegetable Juice (for Color), Xanthan Gum, Himalayan Pink Sea Salt, Sucralose, Acesulfame Potassium, Panax Notoginseng Root Extract, Rosa Roxburghii Fruit Extract, Pyridoxine Hydrochloride, Cyanocobalamin, Malic Acid.

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