

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),

PRO - Does Not Contain Stevia (Diuretic)

Glycemic Index:

PRO - Low Glycemic Index

Sodium Content:

NEUTRAL - Moderate Sodium

Stimulants:

PRO - Stimulant Free

Aids Recovery:

PRO - Aids Recovery

Provides Energy:

PRO - Boosts Energy

Other Functional Benefits:

CON - No Other Functional Benefits

ONNIT

Manufacturer:

Onnit Labs, Inc./Unilever

Phone: 855-666-4899

Email: help@onnit.com

www.onnit.com/hydratech-instant



Onnit HYDRATEch Instant

Description: (from Manufacturer's Website)

A Delicious, Electrolyte Hydration Drink Mix Formulated for Optimal Absorption to Support Physiological Activity.

Price per Serving:** \$2.00

3rd Party Certifications:

Gluten Free, Soy 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.)

Tangerine, Fresh Lime

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

Highly Recommended

Rating: **80.3** points



Nutrition Facts

30 servings per container	
Serving Size 1 Stick Packet (11.5g)	
Amount per serving	
Calories	35
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	11%
Total Carbohydrate 8g	3%
Dietary Fiber 0g	0%
Total Sugars 7g	
Includes 7g Added Sugars	14%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 0mg	0%
Potassium 260mg	6%
Magnesium 25 mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients

Organic Cane Sugar, Fructose, Citric Acid, Salt, Calcium Citrate, Natural Flavors, Potassium Bicarbonate, Potassium Citrate, Magnesium Bisglycinate Chelate (TRAACS), Silica, Beta Carotene (Color), Rebudioside A (Stevia), Monk Fruit Extract, Beet Root (Color).

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