

# 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:

CON - Contains Excessive Sugar

### Sweetener(s):

MIXED - Contains Both Natural and Artificial Sweeteners, PRO - Does Not Contain Stevia

### 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:

CON - No Other Functional Benefits

# Energade®

Manufacturer:

Energade/Tiger Brands

Phone: N/A

Email: [tigercsd@tigerbrands.com](mailto:tigercsd@tigerbrands.com)

[www.energade.co.za/products#productresult\\_e=1&productresult\\_-\\_prodcategory=Regular](http://www.energade.co.za/products#productresult_e=1&productresult_-_prodcategory=Regular)



## Energade Sports Drink

Description: (from Manufacturer's Website)

Developed to Deliver a Rapidly Available & Effective Source of Carbohydrates & Electrolytes to Help Replenish Vitamins & Minerals Lost Through Sport And Exercise.

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:\*\* N/A

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.)

Tropical, Blueberry, Orange, Naartjie, Mixed Berry, Grape

Not Recommended

Rating: **51.1** points



## Nutrition Facts

Serving Size 1 serving (500 ml)

Per serve

Energy 405 kJ

97 kcal

Protein 1.00g

Carbohydrates 25.00g

Sugar 20.00g

Fat 0.10g

Saturated Fat 0.100g

Fibre 1.0g

Sodium 160mg

Potassium 25mg

### Ingredients

Water, Sucrose, Citric Acid (E330), Dextrose, Salt, Flavorings, Preservatives (Sodium Benzoate (E211), Potassium Sorbate (E202), Sodium Citrate (E331), Non-Nutritive Sweeteners: (Sodium Cyclamate (E952) And Sodium Saccharin (E954), Sodium, Hexametaphosphate (E452i), Ascorbic Acid (E300), Monopotassium Phosphate (E340i), Dipotassium Phosphate (E340II), Colorants (E104, E133).

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