

# 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:

PRO - Balanced Electrolytes/Rapid Hydration

### Flavoring:

CON - Contains Some Artificial Flavor(s)

### Coloring:

CON - Contains Some Artificial 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



Manufacturer:

ADVANCED.gg

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[www.advanced.gg/collections/hydration](http://www.advanced.gg/collections/hydration)



## Advanced Hydration

Description: (from Manufacturer's Website)

The Tastiest Way to Quench Your Thirst and Replenishes Electrolytes, Designed for All Levels of Activity, Including Marathon Runners and Marathon Gamers.

Primary Application(s):

Daily Hydration

Beverage Form:

Powder - Bulk

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Price per Serving:\*\* \$1.00

3rd Party Certifications:

Keto-Paleo Friendly

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.)

Peach Mango, Lemonade, Watermelon Swirl, Rainbow Burst, Lychee Rush, Blueberry Pomegranate

Acceptable

Rating: **73.6** points



## Supplement Facts

Serving Size: 1 Scoop (5 g)

Servings Per Container: 30

	Amount per serving	%DV*
Calories	0	
Total Carbohydrate	2 g	1%
Total Sugars	2 g	**
Added Sugar	0 g	0%
Vitamin B3 (as niacin)	8 mg NE	50%
Vitamin B6 (as pyridoxine hydrochloride)	0.85 mg	50%
Vitamin B12 (as methylcobalamin)	1.2 mcg	50%
Vitamin B5 (as d-calcium pantothenate)	2.5 mg	50%
Calcium (as calcium citrate)	35 mg	3%
Magnesium (as magnesium citrate)	21 mg	5%
Sodium (as sodium citrate)	95 mg	4%
Potassium (as potassium citrate)	202 mg	4%

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

\*\*Daily Value not established

### Ingredients

Polydextrose, Citric Acid, Natural and Artificial Flavors, Sucralose, Red Beet Juice (for color), Calcium Silicate.

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