

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:

NEUTRAL - Doesn't Contain Any Coloring

Sugar Content:

PRO - Limited or No Sugar

Sweetener(s):

PRO - Contains Only Natural Sweetener(s),

CON - Contains 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:

PRO - Bolsters Immunity

GOODONYA

Manufacturer:
GOODONYA

Phone: 858-264-8550

Email: hi@goodonyaorganic.com

www.goodonyaorganic.com/products/hydrate-electrolyte-powder-mix



GoodOnYa Hydrate

Description: (from Manufacturer's Website)

The Only Certified Organic and Certified Glyphosate-Free Electrolyte Mineral Powder in Existence.

Price per Serving:** \$1.45

3rd Party Certifications:

Non-GMO, Organic

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.)

Lemonade

Primary Application(s):

Sports Activity (Fitness)

Beverage Form:

Powder - Bulk

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

Tree Nuts and/or Coconut

Acceptable

Rating: **77.6** points



Nutrition Facts

42 servings per container
Serving size 1 Tbsp (8g)

Amount Per Serving

Calories **30**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 25mg **1%**

Total Carbohydrate 7g **3%**

Dietary Fiber 0g **0%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 0g **0%**

Vitamin D 0mcg **0%**

Calcium 0mg **0%**

Iron 0mg **0%**

Potassium 30mg **0%**

Vitamin C 16mg **20%**

Thiamin 0.005mg **0%**

Riboflavin 0.0015mg **0%**

Niacin 0.015mg **0%**

Magnesium 62mg **15%**

*The % Daily Value (DV) 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 Lemon Juice Powder, Magnesium (from Sea Water), Organic Coconut Water Powder, Organic Stevia Leaf Extract, Himalayan Pink Salt, Ascorbic Acid (non-GMO, Naturally Fermented Vitamin C).

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