

# 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:

CON - Contains Excessive Sugar

### Sweetener(s):

PRO - Contains Only Natural Sweetener(s),

PRO - Does Not Contain Stevia (Diuretic)

### 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

# hüma

Manufacturer:

Huma Gel

Phone: 615-852-8238

Email: [questions@humagel.com](mailto:questions@humagel.com)

[www.humagel.com/products/original-flavors?-variant=31506686672962](http://www.humagel.com/products/original-flavors?-variant=31506686672962)



## Huma Energy Gel

Description: (from Manufacturer's Website)

All Natural with Great-Tasting Flavors.

Primary Application(s):

Extreme Workouts

Beverage Form:

Gel

Beverage Base:

N/A

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Price per Serving:\*\* \$2.50

3rd Party Certifications:

Vegan, Gluten Free

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.)

Strawberries, Apples & Cinnamon, Blueberries, Mangoes

Not Recommended

Rating: **56.1** points



## Nutrition Facts

Serving Size: 1 packet (43g)

Servings per Container: 1

Calories: **100**

		% Daily Value *
<b>Total Fat</b>	0.5g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	105mg	5%
<b>Total Carbohydrates</b>	22g	8%
Fiber	2g	6%
Total Sugars	14g	
Including 13g Added Sugars		26%
<b>Protein</b>	1g	
<b>Vitamin D</b>		0%
<b>Calcium</b>	20mg	2%
<b>Iron</b>	0.16mg	2%
<b>Potassium</b>	35mg	1%

\*Percent Daily Value is based on a 2,000 calorie diet.

\*\* Daily Value not Established.

### Ingredients

Fruit Puree, Cane Sugar, Brown Rice Syrup, Water, Powdered Chia Seeds, Fruit Concentrate, Sea Salt, Citric Acid.

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