

# 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:

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:

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



Manufacturer:

Berri Organics

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[www.berriorganics.com/collections/berri-lyte-advanced](http://www.berriorganics.com/collections/berri-lyte-advanced)



## Berri Lyte Advanced

Description: (from Manufacturer's Website)

Light Version of the World's First Plant-Based Fitness Beverage for Active Hydration.

Primary Application(s):

Daily Hydration

Beverage Form:

Ready to Drink

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

Tree Nuts and/or Coconut

Price per Serving:\*\* \$2.12

3rd Party Certifications:

Organic, Non-GMO, 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.)

Strawberry, Grape

Acceptable

Rating: **76.8** points



## Nutrition Facts

About 4 servings per container

Serving Size **8 fl oz (237 mL)**

### Calories

Per serving

**25**

Per container

**100**

% Daily Value

% Daily Value

**Total Fat**

0g 0%

0g 0%

**Sodium**

180mg 8%

720mg 32%

**Total Carbohydrate**

6g 2%

24g 8%

**Total Sugars**

4g

16g

**Total Added Sugars**

3g 6%

12g 24%

**Protein**

0g

0g

**Potassium**

210mg 5%

840mg 20%

**Vitamin C**

2mg 2%

7mg 8%

**Zinc**

1mg 6%

3mg 25%

**Chloride**

370mg 16%

1,500mg 65%

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, and iron.

### Ingredients

Filtered Water, Organic Coconut Water, Organic Agave, Organic Flavor, Organic Lemon Juice Concentrate, Sea Salt, Purple Carrot, Natural Flavors from Plants, Organic Amla Fruit, Organic Sweet Potato Juice, Organic Guava, Zinc Gluconate, Organic Elderberry Juice, Organic Maqui Berries. Contains: Coconut.

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