

2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT

USBRB Commentary (PROS/CONS):

Hydration Capabilities:

PRO - Helps Rehydrate/Maintain Hydration

Electrolyte Content:

PRO - Proper 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),

CON - Contains 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:
TRUWILD

Phone: 805-570-0015

Email: info@truwild.com

www.truwild.com/products/hydrate



TRUWILD Hydrate

Description: (from Manufacturer's Website)

Electrolytes & Aminos; Replenish, Rebuild, Re-charge.

Primary Application(s):

Sports Activity (Fitness)

Beverage Form:

Powder - Bulk

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Price per Serving:** \$1.60

3rd Party Certifications:

Non-GMO, 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.)

Watermelon Lemonade, Passion Fruit Guava

Highly Recommended

Rating: **82.7** points



SUPPLEMENT FACTS

Serving Size: 1 scoop (16g / 0.56oz)
Servings per Container: 20

	Amount per Serving	%DV
Calories	40	**
Total Carbohydrate	9g	3%
Sugar	0g	**
Vitamin C (from Ascorbic Acid)	90mg	100%
Vitamin B6 (from Pyridoxine HCl)	2mg	118%
Vitamin B12 (from Methylcobalamin Dicalcium Phosphate)	5mcg	208%
Calcium (from Mineral Complex (Aquaminn™))	57mg	6%
Magnesium (from Magnesium Bisglycinate, Mineral Complex (Aquaminn™))	26mg	6%
Zinc (from Zinc Citrate)	5mg	45%
Selenium (from Selenium Chelate)	20mcg	36%
Chloride (from Himalayan Pink Salt, Potassium Chloride, Sodium Chloride)	450mg	20%
Sodium (from Himalayan Pink Salt, Sodium Bicarbonate, Sodium Chloride)	200mg	8%
Potassium (from Potassium Chloride)	200mg	4%
Amino Rebuild Blend L-Glutamine, L-Taurine, BCAA Branch Chain Amino Acids, (L-Leucine, L-Isoleucine, L-Valine)	2,000mg	**
Hydration Complex Watermelon Fruit Juice, Lemon Juice Powder, Beet Juice (Beta vulgaris) Root Powder (Organic)	950mg	**
Himalayan Pink Salt	150mg	**
Mineral Complex (Aquaminn™)	100mg	**

*Percent Daily Value based on a 2,000 calorie diet.
**Daily Value (DV) not established.

Ingredients

Maltodextrin, Malic Acid, Citric Acid, Calcium Silicate, Natural Flavor, Sodium Bicarbonate, Stevia Rebaudioside A Leaf Extract.

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