

2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT

USBRB Commentary (PROS/CONS):

Hydration Capabilities:

PRO - Helps Rehydrate/Maintain Hydration

Electrolyte Content:

CON - Slightly High Amount of Electrolytes

Electrolyte Balance:

CON - Unbalanced Electrolytes

Flavoring:

CON - Contains Some Artificial Flavor(s)

Coloring:

CON - Contains Artificial Color(s)

Sugar Content:

PRO - Limited or No Sugar

Sweetener(s):

MIXED - Contains Both Natural and Artificial Sweeteners, PRO - Does Not Contain Stevia

Glycemic Index:

NEUTRAL - Medium Glycemic Index

Sodium Content:

NEUTRAL - Moderate Sodium

Stimulants:

PRO - Stimulant Free

Aids Recovery:

PRO - Aids Recovery

Provides Energy:

PRO - Boosts Energy

Other Functional Benefits:

PRO - Helps Treat Illness

GOODSENSE

Manufacturer:

GoodSense/Perrigo Company

Phone: 800-719-9260

Email: contact.goodsense.com/?sub-

www.amazon.com/stores/page/2A0CCC46-A2F2-46C1-B9C6-EBE0A721BC13?ingress=2&visitId=cd6d1a63-



GoodSense Electrolyte Solution

Description: (from Manufacturer's Website)

Quickly Replenishes Fluids, Zinc, and Electrolytes Lost During Diarrhea and Vomiting.

Primary Application(s):

Daily Hydration, Sports Activity (Fitness), Recovery

Beverage Form:

Ready to Drink

Beverage Base:

Dairy

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Price per Serving:** \$1.44

3rd Party Certifications:

None

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.)

Citrus, Grape, Mixed Fruit, Strawberry, Unflavored

Not Recommended

Rating: **58.4** points



Nutrition Facts

About 3 servings per container

Serving size **12 fl oz (360 mL)**

Calories **35** **100**

	Per serving	% DV*	Per container	% DV*
Total Fat	0g	0%	0g	0%
Sodium	370mg	16%	1030mg	45%
Total Carbohydrate	9g	3%	25g	9%
Total Sugars	9g		25g	
Incl. Added Sugars	9g	18%	25g	50%
Protein	0g		0g	
Potassium	280mg	6%	780mg	15%
Zinc	2.8mg	25%	7.8mg	70%
Chloride	440mg	20%	1240mg	50%

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

Water, Dextrose, Less than 1% of: Potassium Citrate, Sodium Chloride, Sodium Citrate, Zinc Gluconate, Citric Acid, Natural & Artificial Fruit Flavor, FD&C Yellow #6, Acesulfame Potassium, Sucralose.

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