



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:

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:

NEUTRAL - Moderate Sodium

Stimulants:

PRO - Stimulant Free

Aids Recovery:

PRO - Aids Recovery

Provides Energy:

PRO - Boosts Energy

Other Functional Benefits:

CON - No Other Functional Benefits



Manufacturer:

Within You Brand/HMYB

Phone: 916-398-2779

Email: info@withinyoubrand.com

<https://withinyoubrand.com/products/within-you-hydration-packs-electrolytes-essential-aminos>



Within You Hydration Electrolyte Supplement

Description: (from Manufacturer's Website)

Step Up Your Hydration Game with Electrolytes and Amino Acids Packed into a Great-Tasting Formula!

Price per Serving:** \$1.00

3rd Party Certifications:

None

Primary Application(s):

Daily Hydration, Sports Activity (Fitness)

Beverage Form:

Powder - Pre-Measured

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

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.)

Salted Caramel, Blueberry Lemon, Chocolate, Fruit Punch, Lemon Lime

Acceptable

Rating: **78.1** points



Supplement Facts

Serving Size 1 stick pack

30 Servings Per Container

	Amount Per Serving	%DV**
Calories	15	
Total Carbohydrate	1g	1%
Includes 0g Added Sugars		0%
Vitamin C (as Ascorbic Acid)	300mg	330%
Vitamin B6 (from Pyridoxine HCL)	2.6mg	150%
Magnesium (from Magnesium Aspartate)	60mg	15%
Zinc (from Zinc Oxide)	2mg	20%
Sodium (from Sodium Chloride)	500mg	22%
Potassium (from Potassium Chloride)	320mg	6%
Taurine	2g	†
Essential Amino Acid Formula (L-Leucine, L-Valine, L-Isoleucine, L-Lysine, L-Threonine, DL-Phenylalanine, L-Histidine, L-Methionine, L-Tryptophan)	500mg	†
Sulfate (from Chondroitin Sulfate)	20mg	†

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

Ingredients

Natural Flavors, Trace Sea Minerals, Stevia Leaf Extract, Monk Fruit Extract.

The USBRB is an Independent 3rd Party Research Company Whose Mission is to Help Consumers Make Educated, Healthy Nutritional Choices. For info visit www.usbrb.org. USBRB Data Sources Include Public Information Published by Each Company - Label Nutrition Facts; Company Website; Marketing Materials; Press Releases; Social Media. Statements Regarding Functional Ingredients Have Not Been Evaluated by the FDA or the USBRB. While Sports and Hydration Drinks Can Provide Real Benefits, They are Not Intended to Diagnose, Treat, Cure, or Prevent any Disease or Health Condition. * Flavor/Color Criteria Addresses the Entire Range of Flavors. **Product Pricing is a Market Estimate Taken at the Time of Publication. Manufacturer's Information is Subject to Change - Always Review Nutrition Facts on the Product Package for the Latest Information Before Consuming. Other Sizes and Forms May be Available - Consult the Manufacturer for the Latest Information. If You Have Any Questions Consult a Physician Before Consuming Any Product. If You are the Manufacturer of this Product (or an Authorized Agent) and You See and Errors in the Information, Please Contact us at info@usbrb.org.