

# 2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT



Poor Choice

Rating: **65.9** points



## 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:

PRO - Contains Natural Flavor(s)

### Coloring:

NEUTRAL - Doesn't Contain Any Coloring

### 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

Manufacturer:

Rite Aid

Phone: 800-748-3243

Email: [www.riteaid.com/customer-support](http://www.riteaid.com/customer-support)

[www.riteaid.com/shop/rite-aid-electrolyte-solution-strawberry-1-1-qt](http://www.riteaid.com/shop/rite-aid-electrolyte-solution-strawberry-1-1-qt)

## Rite Aid Electrolyte Solution

Description: (from Manufacturer's Website)

Compare to Pedialyte®. Quickly Replenishes Fluids, Zinc, and Electrolytes Lost During Diarrhea and Vomiting More Effectively than Sports Drinks, Sodas, Juices, and Water to Prevent Dehydration.

Primary Application(s):

Daily Hydration, Sports Activity (Fitness)

Beverage Form:

Ready to Drink

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Price per Serving:\*\* \$2.16

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.)

Strawberry

## Nutrition Facts

Serving Size: 12 fl oz (360ml)

Servings per Container: 3

Calories: **35**

		% Daily Value *
<b>Total Fat</b>	0g	0%
<b>Total Carbohydrate</b>	9g	3%
Total Sugars 9g		
Includes 9g Added Sugars		18%
<b>Sodium</b>	370mg	16%
<b>Potassium</b>	280mg	6%
<b>Zinc</b>	2.8mg	25%
<b>Chloride</b>	440mg	20%

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

\*\* Daily Value not Established.

### Ingredients

Water, Dextrose, Less than 2% of: Citric Acid, Potassium Citrate, Salt, Sodium Citrate, Natural Flavor, Sucralose, Acesulfame Potassium, Zinc Gluconate.

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