



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:

CON - Contains Artificial Color(s)

Sugar Content:

CON - Contains Excessive Sugar

Sweetener(s):

PRO - Contains Only Natural Sweetener(s),

PRO - Does Not Contain Stevia (Diuretic)

Glycemic Index:

CON - High Glycemic Index

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



Member's Mark

Manufacturer:

Sam's Club

Phone: 888-746-7726

Email: www.samsclub.com/help-center/addi-

www.samsclub.com/p/members-mark-sports-drink-20-fl-oz-24-pk/P03015211

Member's Mark Sports Drink

Description: (from Manufacturer's Website)

Sam's Club Member's Mark Sport Drink Variety Pack with 8 Each Mixed Berry, Orange and Fruit Punch.

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:** \$0.46

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.)

Mixed Berry, Orange, Fruit Punch

Not Recommended

Rating: **43.5** points



Nutrition Facts

24 servings per container

Serving size 1 bottle (591mL)

Amount per serving

Calories **140**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 270mg **12%**

Total Carbohydrate 34g **12%**

Dietary Fiber 0g **0%**

Total Sugars 34g

Includes 34g Added Sugars **68%**

Protein 0g

Vit. D 0mcg 0% • Calcium 0mg 0%

Iron 0mg 0% • Potas. 80mg 2%

* 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

Purified Water, Sugar, Contains Less than 2% of: Dextrose, Citric Acid, Natural Flavors, Salt, Gum Arabic, Glycerol Ester of Rosin, Sodium Citrate, Monopotassium Phosphate, Artificial Colors (Blue 1, Red 40 or Yellow 6).

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