

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),

PRO - Does Not Contain Stevia (Diuretic)

Glycemic Index:

PRO - Low Glycemic Index

Sodium Content:

CON - High Sodium

Stimulants:

PRO - Stimulant Free

Aids Recovery:

PRO - Aids Recovery

Provides Energy:

PRO - Boosts Energy

Other Functional Benefits:

CON - No Other Functional Benefits



Manufacturer:

Science in Sport Limited

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Email: support@scienceinsport.com

www.sciencein-sport.com/eu/shop-sis/go-range/go-hydro-tablets



Science in Sport GO HYDRO

Description: (from Manufacturer's Website)

Designed to Ensure You are Effectively Hydrated to Produce Your Best Performance.

Price per Serving:** N/A

3rd Party Certifications:

Informed Sport, Dairy Free, Gluten Free, Vegan

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.)

Pineapple & Mango, Strawberry & Lime, Lemon, Pink Grapefruit, Berry

Primary Application(s):

Daily Hydration

Beverage Form:

Tablet(s)

Beverage Base:

Effervescent

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Acceptable

Rating: **76.3** points



Nutrition Facts

Typical Values	Per Tablet 4.2g
Energy	32kj/7kcal
Fat	<0.5g
of which saturates	<0.1g
Carbohydrates	0.6g
of which sugars	<0.5g
Fibre	-
Protein	<0.5g
Salt	0.87g
Vitamin B1 Thiamine	0.2mg
Vitamin B2 Riboflavin	0.3mg
Vitamin B6	0.4mg

Ingredients

Citric Acid, Electrolytes 37% (Sodium Bicarbonate, Sodium Chloride, Calcium Carbonate, Potassium Chloride, Tricalcium Phosphate, Magnesium Carbonate), Sorbitol, Inulin, Color (Beetroot Red), Natural Flavoring, Elderberry Powder (2.3%), Starch, Sweetener (Sucralose), Vitamins (Pyridoxine Hydrochloride, Riboflavin, Thiamin).

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