



# 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),

CON - Contains Stevia (Diuretic)

### Glycemic Index:

PRO - Will Not Impact Blood Sugar

### Sodium Content:

PRO - Limited or No Sodium

### Stimulants:

PRO - Stimulant Free

### Aids Recovery:

PRO - Aids Recovery

### Provides Energy:

CON - No Energy Ingredient(s)

### Other Functional Benefits:

PRO - Bolsters Immunity

# plexus

Manufacturer:

Plexus Worldwide, LLC

Phone: 480-998-3490

Email: [helpcenter.plexusworldwide.com/h-](mailto:helpcenter.plexusworldwide.com/h-)

[www.plexusworldwide.com/products/active-lifestyle?culture=en-US](http://www.plexusworldwide.com/products/active-lifestyle?culture=en-US)



## Plexus Hydrate

Description: (from Manufacturer's Website)

Balanced Blend of Electrolytes, Antioxidants and Minerals.

Primary Application(s):

Daily Hydration

Beverage Form:

Powder - Pre-Measured

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

Tree Nuts and/or Coconut

Price per Serving:\*\* \$2.00

3rd Party Certifications:

Gluten Free, Vegan, Non-GMO

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.)

Cucumber Melon, Blueberry Acai, Lemon Lime

Highly Recommended

Rating: **80.5** points



## Nutrition Facts

20 servings per container	
Serving size	1 packet (4.2 g)
Amount Per Serving	
<b>Calories</b>	<b>10</b>
	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> 2g	<b>1%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 0g	
Calcium 70mg	<b>6%</b>
Potassium 200mg	<b>4%</b>
Vitamin C 170mg	<b>190%</b>
Magnesium 50mg	<b>10%</b>
Zinc 3mg	<b>25%</b>
Chloride 70mg	<b>4%</b>

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, 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

Natural Flavors, Potassium Citrate, Sodium Citrate, Citric Acid, Magnesium Citrate, Calcium Citrate, Ascorbic Acid (Vitamin C), Tart Cherry Fruit Powder, Coconut Water Powder, Salt, Watermelon Juice Powder, Stevia Leaf Extract, Silicon Dioxide, Spirulina Extract (Color), Aloe Vera (Inner Leaf Fillet) Powder, Turmeric (Color), Zinc Citrate. Contains: Tree Nuts (Coconut).

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