

# 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:

PRO - Contains Natural Color(s)

### Sugar Content:

PRO - Limited or No Sugar

### Sweetener(s):

Natural, Sugar Alcohol, CON - Contains Stevia (Diuretic)

### Glycemic Index:

PRO - Low 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

# Hydralyte®

Manufacturer:

Hydralyte

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[www.hydralyte.com/pages/products?filter=tablets](http://www.hydralyte.com/pages/products?filter=tablets)



## Hydralyte Electrolyte Tablets

Description: (from Manufacturer's Website)

Low Sugar, High Electrolyte Hydration Accelerator. Tablets.

Price per Serving:\*\* \$1.29

3rd Party Certifications:

Gluten Free, Non-GMO, Dairy 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.)

Berry, Lemonade, Orange

Primary Application(s):

Daily Hydration

Beverage Form:

Tablet(s)

Beverage Base:

Effervescent

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Acceptable

Rating: **73.5** points



## Nutrition Facts

Servings Per Container: 10  
Serving Size: 1 tablet (200ml) Calories: **20**

	% Daily Value *
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
<b>Cholesterol</b> 0g	0%
<b>Sodium</b> 280mg	12%
<b>Total Carbohydrate</b> 5g	2%
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 4g Added Sugars	8%
<b>Protein</b> 0g	
<b>Vitamin D</b> 0mcg	0%
<b>Calcium</b> 0mg	0%
<b>Iron</b> 0mg	0%
<b>Potassium</b> 160mg	3%

\*Percent Daily Value is based on a 2,000 calorie diet.  
\*\* Daily Value not Established.

### Ingredients

Dextrose (Anhydrous), Citric Acid, Sodium Bicarbonate, Maltose, Potassium Chloride, Sodium Chloride, Natural Flavor, Mannitol, Polyethylene Glycol 6000, Beta Carotene, Sucralose.

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