

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:

NEUTRAL - Doesn't Contain Any Coloring

Sugar Content:

PRO - Limited or No Sugar

Sweetener(s):

PRO - Contains Only Natural Sweetener(s),

PRO - Does Not Contain Stevia (Diuretic)

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:

CON - No Other Functional Benefits

SWORD

P E R F O R M A N C E

Manufacturer:

Sword Performance, Inc.

Phone: 800-523-4738

Email: sales@drinksword.com

www.drinksword.com/products/sword-drink-mix



Sword (Powder)

Description: (from Manufacturer's Website)

Everything You Need to Refuel Before, During, and After Undertaking Demanding Tasks.

Price per Serving:** \$2.36

3rd Party Certifications:

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.)

Berry, Lemonade, Pineapple Mango, Orange

Primary Application(s):

Tactical

Beverage Form:

Powder - Bulk

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Not Recommended

Rating: **59.5** points



Nutrition Facts

30 servings per container 16.9 fl oz serving
Serving Size 1 scoop (33g)

Amount per serving

Calories **120**

% Daily Value*

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	400mg	17%
Total Carbohydrate	30g	10%
Dietary Fiber	0g	0%
Total Sugars	10g	
Includes 10g added sugars		20%
Protein	0g	0%

*The % Daily Value 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, Salt, Citric Acid, Maltodextrin, Fructose, Sodium Citrate.

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