



# 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:

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

## CLEAN SIMPLE EATS

### Manufacturer:

Clean Simple Eats

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[www.cleansimpleeats.com/collections/hydrate-energy](http://www.cleansimpleeats.com/collections/hydrate-energy)



## Clean Simple Eats Hydration

### Description: (from Manufacturer's Website)

Natural Electrolytes, Trace Minerals and BCAAs.

Price per Serving:\*\* \$1.50

### 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.)

Hawaiian Sunrise, Strawberry Watermelon, Coconut Lime, Sour Cherry, Sweet Kiwi

### Primary Application(s):

Sports Activity (Fitness)

### Beverage Form:

Powder - Pre-Measured

### Beverage Base:

Still Water

### Label (and Other) Warnings:

None

### Allergens: (Ingredient Related)

Tree Nuts and/or Coconut

Acceptable

Rating: **73.7** points



## Supplement Facts

Servings: 10, **Serv. size: 1 Packet (10g)**, Amount per serving: **Calories 8, Total Fat** 0g (0% DV), Sat. Fat 0g (0% DV), **Trans Fat** 0g (0% DV), **Cholest.** 0mg (0% DV), **Sodium** 500mg (22% DV), **Total Carb.** 2g (0% DV), Dietary Fiber 1g (4% DV), Total Sugars 1g (Incl. 0g Added Sugars), Calcium (as Citrate 30%) 90mg (7% DV), Magnesium (as Citrate 30%) 90mg (21% DV), Potassium (as Chloride) 300mg (6% DV), BCAA Blend (L-Leucine, L-Isoleucine, L-Valine) 4,000mg<sup>†</sup>, Trace Mineral Blend 100mg<sup>†</sup>. % DV = % Daily Value. <sup>†</sup>Daily Value not established.

### Ingredients

Prebiotic VitaFiber (IMO), Citric Acid, Natural Flavors, Coconut Powder, Mineral Salt, Stevia (Leaf) Extract, Malic Acid, Natural Color (Beta Carotene).  
Allergen Warning: Contains Tree Nut (Coconut).

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