

# 2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT

## USB RB 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:

NEUTRAL - Doesn't Contain Any Coloring

### Sugar Content:

CON - Contains Excessive Sugar

### Sweetener(s):

PRO - Contains Only Natural Sweetener(s),

CON - Contains Stevia (Diuretic)

### Glycemic Index:

NEUTRAL - Medium Glycemic Index

### Sodium Content:

CON - High Sodium

### Stimulants:

PRO - Stimulant Free

### Aids Recovery:

PRO - Aids Recovery

### Provides Energy:

PRO - Boosts Energy

### Other Functional Benefits:

PRO - Bolsters Immunity

# Guru Nanda®

Manufacturer:

GuruNanda

Phone: 866-421-0309

Email: [contact@gurunanda.com](mailto:contact@gurunanda.com)

[www.gurunanda.com/products/hydramate-hydration-support-electrolyte-drink-mix-lemon-flavor-48ct](http://www.gurunanda.com/products/hydramate-hydration-support-electrolyte-drink-mix-lemon-flavor-48ct)



## GuruNanda Hydramate Hydration Support Drink

Description: (from Manufacturer's Website)

One Pack Mixed with a Glass of Water Can Give You Rapid Hydration Quicker than Drinking 3 Glasses of Water Alone.

Price per Serving:\*\* \$0.42

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.)

Lemon

Primary Application(s):

Daily Hydration, Sports Activity (Fitness)

Beverage Form:

Powder - Pre-Measured

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Poor Choice

Rating: **61.1** points



## Nutrition Facts

2 servings per container	
<b>Serving Size</b>	1 packet (16g)
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>45</b>
	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 500mg	<b>22 %</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 11g	
Includes 11g Added Sugars	<b>22 %</b>
<b>Protein</b> 0g	<b>0%</b>
<b>Vitamin D</b> 0 mcg	<b>0%</b>
<b>Calcium</b> 0 mg	<b>0%</b>
<b>Iron</b> 0 mg	<b>0%</b>
<b>Potassium</b> 380 mg	<b>8%</b>
<b>Vitamin C</b> 73 mg	<b>80%</b>
<b>Niacin</b> 22.8 mg	<b>140%</b>
<b>Vitamin B<sub>6</sub></b> 2.3 mg	<b>140%</b>
<b>Vitamin B<sub>12</sub></b> 6.8 mcg	<b>280%</b>
<b>Pantothenic Acid (Vitamin B<sub>5</sub>)</b> 11.4 mg	<b>230%</b>

\*The % Daily Values 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

Pure Cane Sugar, Citric Acid, Dextrose, Natural Flavors, Sodium Chloride, Potassium Citrate, Sodium Citrate, Dipotassium Phosphate, Rebudioside A (Stevia Leaf Extract), Vitamin C (Ascorbic Acid), Vitamin B5 (D-Calcium Pantothenate), Vitamin B3 (Niacinamide), Silicon Dioxide, Vitamin B6 (Pyridoxin Hydrochloride), Vitamin B12 (Cyanocobalamin).

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