



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):

CON - Contains Only Artificial Sweetener(s),

PRO - Does Not Contain 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:

PRO - Bolsters Immunity

TRULABS™

Manufacturer:

TruLabs, LLC

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www.trulabs.com/collections/hydrate



TruLabs Hydrate

Description: (from Manufacturer's Website)

Hydration Perfected™ - the First and Only Complete Rehydration Electrolyte Drink Mix.

Primary Application(s):

Sports Activity (Fitness), Daily Hydration

Beverage Form:

Powder - Pre-Measured

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Price per Serving:** \$1.15

3rd Party Certifications:

Non-GMO, Keto-Paleo Friendly, Vegan, Gluten Free, Dairy Free, Soy Free

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.)

Glacier, Perfect Orange, Lemon Lime, Strawberry Lemonade, Watermelon

Highly Recommended

Rating: **82.9** points



Supplement Facts

Serving Size (3.6g)
Servings Per Container 20

	Amount Per Serving	% Daily Value
Calories	5	
Total Fat	0 g	0%*
Total Carbohydrate	2 g	1%*
Dietary Fiber	0 g	0%*
Total Sugars	0 g	**
Includes 0g Added Sugars	0%*	
Vitamin C	20 mg	22%
Vitamin D	15 mcg	100%
Thiamin	0.3 mg	25%
Riboflavin	0.2 mg	15%
Niacin	5 mg	31%
Vitamin B ₆	30 mcg	<1%
Vitamin B ₁₂	8 mcg	333%
Pantothenic Acid	0.3 mg	6%
Calcium	30 mg	2%
Iron	1 mg	6%
Magnesium	9 mg	2%
Zinc	1 mg	9%
Selenium	13 mcg	24%
Copper	0.1 mg	11%
Chromium	10 mcg	29%
Sodium	380 mg	17%
Potassium	83 mg	2%
Vanadium	0.2 mg	**

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

Ingredients

Citric Acid, Malic Acid, Sea Salt, Natural Flavors, Sucralose, Natural Colors.

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