

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:

NEUTRAL - Doesn't Contain Any Coloring

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:

CON - High Sodium

Stimulants:

PRO - Stimulant Free

Aids Recovery:

PRO - Aids Recovery

Provides Energy:

PRO - Boosts Energy

Other Functional Benefits:

PRO - Bolsters Immunity

Herbalife

Manufacturer:

Herbalife International of America, Inc.

Phone: 866-866-4744

Email: support.herbalife.com/s/contactsupport

www.herbalife.co.in/products/herbalife-h24-hydrate-1458



Herbalife 24 Hydrate

Description: (from Manufacturer's Website)

Developed by Experts in Sports Nutrition to Help Replenish the Body with Bioavailable Electrolytes.

Primary Application(s):

Daily Hydration, Sports Activity (Fitness), Extreme Workouts

Beverage Form:

Powder - Pre-Measured

Beverage Base:

Still Water

Label (and Other) Warnings:

Do Not Use if Pregnant, Not for Nursing Mothers

Allergens: (Ingredient Related)

None

Price per Serving:** \$1.67

3rd Party Certifications:

Informed Sport

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.)

Orange

Poor Choice

Rating: **69.0** points



Nutrition Facts

Serving Size: 1 stick pack (5.3g)
Servings per Container: 20 **Calories: 12**

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 600mg	25%
Total Carbohydrate 1g	0%
Dietary Fiber 0.2g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin C 80mg	100%
Thiamin 0.16mg	15%
Riboflavin 0.21mg	15%
Vitamin B12 0.37µg	15%
Pantothenic Acid 0.9mg	15%
Calcium 215mg	27%
Magnesium 94mg	25%

*Percent Daily Value is based on a 2,000 calorie diet.

** Daily Value not Established.

Ingredients

Acidity Regulators (Citric Acid, Dipotassium Phosphate), Natural Orange Flavoring, Calcium Carbonate, Trisodium Citrate, Sodium Chloride, Magnesium Hydroxide, Sodium L-Ascorbate, Flavor Enhancer (Potassium Chloride), Sweetener (Sucralose), D-Calcium Pantothenate, Thiamin Hydrochloride, Riboflavin, Cyanocobalamin.

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