

2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT



C Y M B I O T I K A

Manufacturer:
Cymbiotika LLC

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www.cymbiotika.com/products/pure-hydration



Cymbiotika Pure Hydration

Description: (from Manufacturer's Website)
Vitamins, Minerals, Electrolytes and Amino Acids
for Hydration and Recovery.

Primary Application(s):
Daily Hydration, Sports Drink

Beverage Form:
Powder - Pre-Measured

Beverage Base:
Still Water

Label (and Other) Warnings:
None

Allergens: (Ingredient Related)
None

Price per Serving:** \$1.81

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.)

Watermelon, Lemon Citrus, Lychee

Highly Recommended

Rating: **88.4** points



Supplement Facts

Serving Size: 1 Stick Pack (8 g)
Servings Per Container: 21

	Amount Per Serving	%DV
Calories	10	
Total Carbohydrate	3 g	1%*
Total Sugars	3 g	†
Includes 3 g Added Sugars		6%*
Vitamin C (as PureWay-C®)	90 mg	100%
Riboflavin	1.3 mg	100%
Niacin (as niacinamide)	20 mg	125%
Vitamin B12 (as methylcobalamin)	4.8 mcg	200%
Calcium (as calcium bisglycinate)	26 mg	2%
Phosphorus (as potassium phosphate)	50 mg	4%
Magnesium (as magnesium glycinate)	12 mg	3%
Sodium (as sodium citrate, sea salt)	195 mg	8%
Potassium (as potassium chloride, potassium phosphate)	400 mg	9%
Bamboo Leaf Extract (70% silica)	800 mg	†
L-Tyrosine	150 mg	†
L-Leucine	150 mg	†
Taurine	150 mg	†
Alpha Ketoglutarate (as arginine alpha ketoglutarate)	150 mg	†
Citrulline Malate 2:1	100 mg	†
L-Glutamine	100 mg	†
L-Isoleucine	75 mg	†
L-Valine	75 mg	†
Grape Seed Extract	20 mg	†

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

Ingredients

Organic Cane Sugar, Malic Acid, Organic Fruit
Flavor, Organic Rice Hulls, Organic Stevia Leaf Extract,
Organic Turmeric Extract. Vitamin C (as PureWay-C®),
Riboflavin, Niacin (as niacinamide), Vitamin B12 (as
Methylcobalamin), Calcium (as Calcium Bisglycinate),
Phosphorus (as Potassium Phosphate), Magnesium
(as Magnesium Glycinate), Sodium (as Sodium Citrate,
Sea Salt), Potassium (as Potassium Chloride,
Potassium Phosphate), Bamboo Leaf Extract (70%
Silica), L-Tyrosine, L-Leucine, Taurine, Alpha
Ketoglutarate (as Arginine Alpha Ketoglutarate),
L-Glutamine, L-Isoleucine, L-Valine, Grape Seed
Extract.

USBRR Commentary (PROS/CONS):

Hydration Capabilities:

PRO - Helps Rehydrate/Maintain Hydration

Electrolyte Content:

PRO - Proper Amount of Electrolytes

Electrolyte Balance:

PRO - Balanced Electrolytes/RapidHydration

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:

NEUTRAL - Medium Glycemic Index

Sodium Content:

PRO - Limited or No Sodium

Stimulants:

PRO - Stimulant Free

Aids Recovery:

PRO - Aids Recovery

Provides Energy:

PRO - Boosts Energy

Other Functional Benefits:

PRO - Bolsters Immunity

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USBRR Data Sources Include Public Information Published by Each Company - Label Nutrition Facts; Company Website; Marketing Materials; Press Releases; Social Media.
Statements Regarding Functional Ingredients Have Not Been Evaluated by the FDA or the USBRR. While Sports and Hydration Drinks Can Provide Real Benefits, They are Not
Intended to Diagnose, Treat, Cure, or Prevent any Disease or Health Condition. * Flavor/Color Criteria Addresses the Entire Range of Flavors. **Product Pricing is a Market
Estimate Taken at the Time of Publication. Manufacturer's Information is Subject to Change - Always Review Nutrition Facts on the Product Package for the Latest Information
Before Consuming. Other Sizes and Forms May be Available - Consult the Manufacturer for the Latest Information. If You Have Any Questions Consult a Physician Before
Consuming Any Product. If You are the Manufacturer of this Product (or an Authorized Agent) and You See and Errors in the Information, Please Contact us at info@usbrb.org.