



2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT

USBRRB 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):

PRO - Contains Only Natural Sweetener(s),

PRO - Does Not Contain Stevia (Diuretic)

Glycemic Index:

PRO - Will Not Impact Blood Sugar

Sodium Content:

PRO - Limited or No Sodium

Stimulants:

PRO - Stimulant Free

Aids Recovery:

PRO - Aids Recovery

Provides Energy:

PRO - Boosts Energy

Other Functional Benefits:

CON - No Other Functional Benefits



Manufacturer:

Laird Superfood

Phone: 888-670-6796

Email: aloha@lairdsuperfood.com

www.lairdsuperfood.com/products/hydrate-electrolyte-singles



Laird Hydrate

Description: (from Manufacturer's Website)

Real-Food Ingredients, Not the Added Sugars and Junk of the Competition.

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)

Tree Nuts and/or Coconut

Price per Serving:** \$2.00

3rd Party Certifications:

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

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.)

Mango Pineapple, Lemon

Highly Recommended

Rating: **82.3** points



Nutrition Facts

10 servings per container

SERVING SIZE 1 PACK (9g)

AMOUNT PER SERVING

Calories 30

% Daily Value*

TOTAL FAT 0g 0%

SODIUM 190mg 8%

TOTAL CARBOHYDRATE 7g 3%

TOTAL SUGARS 6g

INCLUDES 0g ADDED SUGARS 0%

PROTEIN 0g

CALCIUM 80mg 6%

IRON 1mg 6%

POTASSIUM 256mg 6%

MAGNESIUM 49mg 10%

NOT A SIGNIFICANT SOURCE OF SAT FAT, TRANS FAT, CHOLESTEROL, FIBER, AND VITAMIN D.

*% DAILY VALUES (DV) ARE BASED ON A 2,000 CALORIE DIET.

Ingredients

Freeze Dried Coconut Water Powder, Fruit Powder, Freeze Fruit Powder, Sea Salt, Seaweed-Derived Magnesium, Citric Acid, Seaweed-derived, Calcium, Monk Fruit Extract. Contains: Tree Nuts (Coconut).

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