



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):

MIXED - Contains Both Natural and Artificial Sweeteners, PRO - Does Not Contain Stevia

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 - Helps Treat Illness, Bolsters Immunity

H2ORS

Manufacturer:

H2ORS, Inc.

Phone: 650-823-9193

Email: info@h2ors.com

www.h2ors.com



H2ORS Oral Rehydration Solution

Description: (from Manufacturer's Website)

Electrolyte Drink Mix That Reverses Moderate Dehydration Due to Illness, Medical Treatments, and Serious Exercise.

Primary Application(s):

Recovery, Clinical/Medical Supplement

Beverage Form:

Powder - Pre-Measured

Beverage Base:

Still Water

Label (and Other) Warnings:

Certain Pre-Existing Conditions Recommend Only Using Under Medical Supervision

Allergens: (Ingredient Related)

None

Price per Serving:** \$2.00

3rd Party Certifications:

Gluten 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.)

Citrus

Poor Choice

Rating: **67.4** points



Nutrition Facts

Serving Size: 1 package
Servings per Container: 1

Calories: **40**

	% Daily Value *
Total Fat 0mg	0%
Sodium 690mg	30%
Potassium 300mg	10%
Total Carbohydrates 9g	3%
Total Sugars 5g	
Protein 0g	0%
Vitamin A	0%
Vitamin C	290%
Calcium	0%
Iron	0%
Zinc	20%
Chloride	30%

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

Ingredients

Dextrose, Natural Flavor, Citric Acid, Sodium Citrate, Sodium Chloride, Potassium Chloride, Ascorbic Acid, Sucralose, Zinc Gluconate.

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