

2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT

USBRB Commentary (PROS/CONS):

Hydration Capabilities:

PRO - Helps Rehydrate/Maintain Hydration

Electrolyte Content:

CON - Slightly High 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:

CON - No Other Functional Benefits

PRECISION FUEL & HYDRATION

Manufacturer:

Precision Hydration Ltd.

Phone: N/A

Email: hello@precisionhydration.com

www.precisionhydration.com/us/en/products/ph-1000-low-calorie-electrolyte-supplement



Precision Hydration Tablets 1000

Description: (from Manufacturer's Website)

PH 1000 is a Strong Strength Electrolyte Drink Designed to Keep You Hydrated When Undertaking Strenuous Activity.

Primary Application(s):

Sports Activity (Fitness), Extreme Workouts

Beverage Form:

Powder - Pre-Measured

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Price per Serving:** \$1.20

3rd Party Certifications:

NSF Certified, Vegan

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.)

Mild Citrus

Poor Choice

Rating: **65.6** points



Nutrition Facts

Serving Size: 1 tablet

Servings per Container: 10

Calories: **10**

Protein 0g

Total Carbohydrates 3g

Dietary Fiber 0g

Total Sugars 0g

Includes 0g Added Sugar

Sodium 1000mg

Potassium 260mg

Calcium 40mg

Magnesium 20mg

Ingredients

Dextrose Monohydrate, Citric Acid, Sodium Bicarbonate, Sodium Carbonate, Potassium Bicarbonate, Malic Acid, Natural Flavors, Sodium Citrate, Polyethylene Glycol, Calcium Carbonate, Magnesium Carbonate, Sucralose.

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