

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:

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),

PRO - Does Not Contain 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:

CON - No Other Functional Benefits



LYTENING
HYDRATION

Manufacturer:

Lytening Hydration

Phone: N/A

Email: info@lyteninghydration.com

www.lyteninghydration.com/collections/all



Lytening Hydration

Description: (from Manufacturer's Website)

Developed Using 50 Years of the World Health

Organization's Research.

Primary Application(s):

Clinical/Medical Supplement

Beverage Form:

Powder - Pre-Measured

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Price per Serving:** \$1.56

3rd Party Certifications:

NSF Certified, Vegan, Non-GMO, 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.)

Lemon Lime, Mixed Berry, Strawberry Kiwi

Highly Recommended

Rating: **89.5** points



Nutrition Facts

Serving Size: 1 Stick Pack

Servings per Container: 16

Calories: **28**

	% Daily Value *
Total Fat 0g	0%
Total Cholesterol 0g	0%
Sodium 200mg	9%
Potassium 330mg	7%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Sugars 7g	14%
Protein 0g	0%
Vitamin C 80mg	89%
Zinc 1.50mg	14%
Chloride 310mg	13%

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

** Daily Value not Established.

Ingredients

Dextrose, Potassium Citrate, Citric Acid Anhydrous, Sodium Chloride, Isomalt-Oligosaccharide, Malic Acid, Natural Fruit Flavor, Natural Flavors, Stevia Extract, Ascorbic Acid, Red Beet Juice, Monk Fruit Extract, Zinc Citrate, Organic Kelp Laminaria, Calcium Carbonate, Manganese Sulfate, Magnesium Oxide and ConcenTrace Alfalfa Trace Minerals.

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