

# 2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT

## USBRB Commentary (PROS/CONS):

### Hydration Capabilities:

PRO - Helps Rehydrate/Maintain Hydration

### Electrolyte Content:

CON - Inadequate Amount of Electrolytes

### Electrolyte Balance:

CON - Unbalanced Electrolytes

### 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:

PRO - Will Not Impact Blood Sugar

### Sodium Content:

PRO - Limited or No Sodium

### Stimulants:

CON - Contains Stimulant(s)

### Aids Recovery:

PRO - Aids Recovery

### Provides Energy:

PRO - Boosts Energy

### Other Functional Benefits:

CON - No Other Functional Benefits

# KILL CLIFF®

Manufacturer:

Kill Cliff, Inc.

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Email: [customerservice@killcliff.com](mailto:customerservice@killcliff.com)

[www.killcliff.com/collections/energize-recover](http://www.killcliff.com/collections/energize-recover)



## Kill Cliff Energize x Recover

Description: (from Manufacturer's Website)

Sustainable Energy That Fights Oxidative Stress.

Contains 25mg Caffeine.

Price per Serving:\*\* \$2.92

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.)

Tasty Blood Orange, Berry Legit Lemonade,

Lemon Lime Lightning

Primary Application(s):

Energy/Caffeine

Beverage Form:

Ready to Drink

Beverage Base:

Carbonated Water

Label (and Other) Warnings:

Not for Children, Do Not Use if Caffeine Sensitive

Allergens: (Ingredient Related)

None

Poor Choice

Rating: **68.1** points



## Nutrition Facts

Servings Per Container: 1  
Serving Size: 1 can (355ml)

Calories: **15**

	% Daily Value *
<b>Total Fat</b> 0g	0%
<b>Sodium</b> 105mg	5%
<b>Total Carbohydrate</b> 16g	6%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Erythritol (Sugar Alcohol) 14g	
<b>Protein</b> 0g	0%
<b>Riboflavin</b> (Vitamin B2) 0.6mg	45%
<b>Niacin</b> (Vitamin B3) 7mg	45%
<b>Vitamin B12</b> 2.4mcg	100%
<b>Pantothenic Acid</b> (Vitamin B5) 4mg	80%

Not a significant source of saturated fat, trans fat, cholesterol, fiber, vitamin D, calcium, iron and potassium.

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

\*\* Daily Value not Established.

### Ingredients

Carbonated Water, Erythritol (Natural Sweetener), Vitamin & Plant Extract Blend (Taurine, D-Glucuronolactone, Sodium Citrate, Ginger Root Extract, Monopotassium Phosphate, Green Tea Extract (90% EGCG), Inositol, Ginseng Root Powder (Panax), Caffeine, Vitamin B3, Vitamin B5, Vitamin B2, Vitamin E Acetate, Vitamin B12), Citric Acid, Enzyme Blend (Bromelain, Lipase Amylase, Protease 4.5, Invertase, Beta-Glucanase Serrazimes), Stevia (Rebaudioside A), Fruit and Vegetable Extract (for Color). Contains 25mg Caffeine per Serving.

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