



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),

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

Courtside™

Manufacturer:

Courtside Beverage

Phone: 213-282-8353

Email: hello@drinkcourtside.com

<https://drinkcourtside.com/collections/all>



Courtside

Description: (from Manufacturer's Website)

Hydration for Everyday Play. Made for Any Movement. Our Fresh, Whole Ingredients are Harvested Seasonally and Never Altered. Contains: Tree Nuts (Coconut).

Primary Application(s):

Daily Hydration, Sports Activity (Fitness)

Beverage Form:

Ready to Drink

Beverage Base:

Carbonated Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

Tree Nuts and/or Coconut

Price per Serving:** \$3.92

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.)

Mango Passionfruit, Coconut Lime, Berry Lemonade

Poor Choice

Rating: **68.5** points



Nutrition Facts

Serving Size: 1 can

Servings per Container: 1

Calories: 45

Total Fat 0g

Saturated Fat 0g

Trans Fat 0g

Cholesterol 0g

Sodium 20mg

Total Carbohydrate 10g

Dietary Fiber 0g

Total Sugars 6g

Includes 0g Added Sugars

Protein 0g

Calcium 35mg

Iron 0g

Potassium 361mg

Ingredients

Organic Coconut Water, Carbonated Water, Organic Fruit Puree, Organic Fruit Juice. Contains: Tree Nuts (Coconut).

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