

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:

CON - Contains Some Artificial Flavor(s)

Coloring:

CON - Contains Artificial Color(s)

Sugar Content:

CON - Contains Excessive Sugar

Sweetener(s):

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

Glycemic Index:

PRO - Low Glycemic Index

Sodium Content:

CON - High Sodium

Stimulants:

PRO - Stimulant Free

Aids Recovery:

PRO - Aids Recovery

Provides Energy:

PRO - Boosts Energy

Other Functional Benefits:

PRO - Supports Gut Health

Ensure®

Manufacturer:

Abbott Labs

Phone: 800-986-8912

Email: www.nutritionforstrength.com/con-

www.nutritionforstrength.com/nutritional-drinks/ensure-rapid-hydration/berry-free



Ensure Rapid Hydration

Description: (from Manufacturer's Website)

Contains Electrolytes for Hydration and Prebiotics to Support Digestive Health. Helps Relieve Occasional Dehydration Due to Travel, Vomiting and Diarrhea, Heat Exposure, and Inadequate Fluid Intake.

Primary Application(s):

Daily Hydration, Sports Activity (Fitness)

Beverage Form:

Powder - Pre-Measured

Beverage Base:

Still Water

Label (and Other) Warnings:

None

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.)

Berry Freeze

Not Recommended

Rating: **49.4** points



Nutrition Facts

Serving Size: 1 packet (17g)

Servings per Container: 6

Calories: **50**

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 650mg	28%
Total Carbohydrate 12g	7%
Dietary Fiber 1g	5%
Total Sugars 11g	
Includes 11g Added Sugars	22%
Protein 0g	
Potassium 370mg	8%
Chloride 840mg	35%

*Percent Daily Value is based on a 2,000 calorie diet.
** Daily Value not Established.

Ingredients

Anhydrous Dextrose, Short-Chain Fructooligosaccharides, Citric Acid, Salt, Potassium Citrate, Sodium Citrate, Natural & Artificial Flavor. Less than 2% of: Calcium Silicate, Acesulfame Potassium, Sucralose, Blue 1.

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