

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:

NEUTRAL - Doesn't Contain Any Flavoring

Coloring:

NEUTRAL - Doesn't Contain Any Coloring

Sugar Content:

PRO - Limited or No Sugar

Sweetener(s):

NEUTRAL - Does Not Contain Any Sweetener(s), PRO - Does Not Contain Stevia (Diuretic)

Glycemic Index:

PRO - Will Not Impact Blood Sugar

Sodium Content:

PRO - Limited or No Sodium

Stimulants:

PRO - Stimulant Free

Aids Recovery:

CON - No Recovery Ingredient(s)

Provides Energy:

CON - No Energy Ingredient(s)

Other Functional Benefits:

CON - No Other Functional Benefits



Manufacturer:

Lucozade Sport/Lucozade Ribena Suntory Limited

Phone:

N/A

Email:

www.lucozade.com/support
www.lucozade.com/product/lucozade-sport/bottles/lucozade-sport-fit-water-electrolyte-spring-fit-water-12



Lucozade Sport FitWater

Description: (from Manufacturer's Website)

Charged with Electrolytes! Designed to Keep You Hydrated and Replenish What You Lose in Sweat so that You Can Train Hard and Unlock Your Potential.

Primary Application(s):

Daily Hydration, Sports Activity (Fitness)

Beverage Form:

Ready to Drink

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Price per Serving:** N/A

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.)

Unflavored

Poor Choice

Rating: **67.6** points



Nutrition Facts

Serving Size: 1 bottle (600ml)

Servings per Container: 1

Calories: **3.6**

Total Carbohydrates 0g

of Which are Sugars 0g

Sodium 33mg

Calcium 120mg

Chloride 120mg

Magnesium 56.3mg

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

** Daily Value not Established.

Ingredients

Purified Spring Water, Calcium Lactate, Magnesium Citrate, Sodium Chloride, Trisodium Citrate.

The USBRB is an Independent 3rd Party Research Company Whose Mission is to Help Consumers Make Educated, Healthy Nutritional Choices. For info visit www.usbrb.org. USBRB Data Sources Include Public Information Published by Each Company - Label Nutrition Facts; Company Website; Marketing Materials; Press Releases; Social Media. Statements Regarding Functional Ingredients Have Not Been Evaluated by the FDA or the USBRB. While Sports and Hydration Drinks Can Provide Real Benefits, They are Not Intended to Diagnose, Treat, Cure, or Prevent any Disease or Health Condition. * Flavor/Color Criteria Addresses the Entire Range of Flavors. **Product Pricing is a Market Estimate Taken at the Time of Publication. Manufacturer's Information is Subject to Change - Always Review Nutrition Facts on the Product Package for the Latest Information Before Consuming. Other Sizes and Forms May be Available - Consult the Manufacturer for the Latest Information. If You Have Any Questions Consult a Physician Before Consuming Any Product. If You are the Manufacturer of this Product (or an Authorized Agent) and You See and Errors in the Information, Please Contact us at info@usbrb.org.