

2024 MASS MARKET **SPORTS & HYDRATION DRINK REPORT**



Manufacturer:

Lucozade Sport/Lucozade Ribena Suntorv Limited

Phone: N/A

Email: www.lucozade.com/support www.lucozade.com/product/lucoza-

de-sport/bottles/lucoza-

de-sport-fit-water-electrolyte-spring-fit-water-12



USBRB Commentary (PROS/CONS):

Hydration Capabilities:

PRO - Helps Rehydrate/Maintain Hydration

Electrolyte Content:

CON - Inadequate Amount of Electrolytes

Electrolyte Balance:

CON - Unbalanced Electrolytes

Flavorina:

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

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

Primary Application(s):

Daily Hydration, Sports Activity (Fitness)

Beverage Form:

Your Potential.

Ready to Drink

Beverage Base:

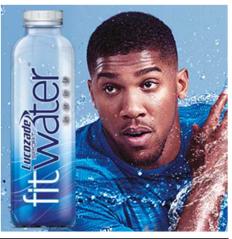
Still Water

Label (and Other) Warnings:

None

Alleraens: (Ingredient Related)

None



Price per Serving:** N/A 3rd Party Certifications:

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 LISBRB 202



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

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