

# 2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT

## USB RB Commentary (PROS/CONS):

### Hydration Capabilities:

PRO - Helps Rehydrate/Maintain Hydration

### Electrolyte Content:

PRO - Proper Amount of Electrolytes

### Electrolyte Balance:

CON - Unbalanced Electrolytes

### Flavoring:

PRO - Contains Natural Flavor(s)

### Coloring:

NEUTRAL - Doesn't Contain Any Coloring

### 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:

NEUTRAL - Moderate Sodium

### Stimulants:

PRO - Stimulant Free

### Aids Recovery:

PRO - Aids Recovery

### Provides Energy:

PRO - Boosts Energy

### Other Functional Benefits:

CON - No Other Functional Benefits

Ucan®

Manufacturer:

The UCAN Company

Phone: 203-397-8226

Email: [marketing@ucanco.com](mailto:marketing@ucanco.com)

[www.ucan.co/collections/hydrate-powder](http://www.ucan.co/collections/hydrate-powder)



## ucan Hydrate

Description: (from Manufacturer's Website)

Naturally Sweetened, Sugar Free, Double the

Magnesium.

Primary Application(s):

Sports Activity (Fitness)

Beverage Form:

Powder - Pre-Measured

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Price per Serving:\*\* \$1.25

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.)

Orange, Berry, Watermelon, Lemon-Lime, Pine-apple

Acceptable

Rating: **77.3** points



## Nutrition Facts

12 Servings per Container  
Serving Size: 1 packet (3g)

Amount per serving

**Calories** **0**

% Daily Value\*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 300mg 13%

Total Carbohydrate <1g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 0g 0%

Vitamin A 0% • Vitamin C 0%

Calcium 2% • Iron 0%

Magnesium 15% Chloride 4%

Potassium 95mg 2%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

### Ingredients

Sodium Citrate, Citric Acid, Magnesium Phosphate, Potassium Citrate, Natural Flavors, Salt, Stevia Extract (Rebaudioside A), Tricalcium Phosphate.

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