

# 2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT



**Manufacturer:**  
 Rapid Fire/Windmill Health Products, LLC

**Phone:** 800-822-4320

**Email:** [info@windmillvitamins.com](mailto:info@windmillvitamins.com)

[www.amazon.com/Hydrate-Powder-Coco-nut-Electrolytes-Bottles/dp/B07TJ8PDH2](https://www.amazon.com/Hydrate-Powder-Coco-nut-Electrolytes-Bottles/dp/B07TJ8PDH2)



## Rapid Fire Hydration

**Description:** (from Manufacturer's Website)

Formulated with a Precise Ratio of Sodium, Glucose and Potassium to Accelerate the Delivery of Water and Other Vital Nutrients Swiftly to Your Bloodstream. Contains: Tree Nuts (Coconut).

**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)

Tree Nuts and/or Coconut

**Price per Serving:\*\*** \$1.08

**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.)

Matcha Green Tea, Turmeric, Coconut

Highly Recommended

Rating: **86.2** points



## Supplement Facts

Serving Size: 1 Stick pack (5.5g)  
 Servings per container: 12

	Amount Per Serving	%DV
Calories	10	
Total Carbohydrates	3 g	1%
Total Sugars	2 g	
Includes 0g added sugars	0g	0%
Vitamin C (as calcium ascorbate)	100 mg	111%
Calcium (as calcium citrate & calcium ascorbate)	65 mg	5%
Magnesium (as magnesium citrate)	100 mg	24%
Chloride (as sodium chloride)	78.8 mg	3%
Sodium (as Himalayan pink salt & sodium chloride)	115 mg	5%
Potassium (as potassium citrate, aspartate and potassium phosphate)	285 mg	6%
Coconut Water Concentrate	2500 mg	
Matcha Green Tea Powder	250 mg	

\* Percent Daily Value (DV) based on a 2,000 calorie diet.

### Ingredients

Citric Acid, Natural Flavors, Silica, Organic Stevia (Rebaudioside A). Contains: Tree Nuts (Coconut).

### USBRB Commentary (PROS/CONS):

**Hydration Capabilities:**

PRO - Helps Rehydrate/Maintain Hydration

**Electrolyte Content:**

PRO - Proper Amount of Electrolytes

**Electrolyte Balance:**

PRO - Balanced Electrolytes/RapidHydration

**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:**

PRO - Limited or No Sodium

**Stimulants:**

PRO - Stimulant Free

**Aids Recovery:**

PRO - Aids Recovery

**Provides Energy:**

PRO - Boosts Energy

**Other Functional Benefits:**

PRO - Bolsters Immunity

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