

# 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:

PRO - Contains Natural Flavor(s)

### Coloring:

PRO - Contains Natural Color(s)

### Sugar Content:

PRO - Limited or No Sugar

### Sweetener(s):

PRO - Contains Only Natural Sweetener(s),

CON - Contains Stevia (Diuretic)

### Glycemic Index:

PRO - Low Glycemic Index

### 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

# cera

Manufacturer:

Cera Products Inc.

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[ceraproductsinc.com/collections/ceraport/products/cerasport-plus](https://ceraproductsinc.com/collections/ceraport/products/cerasport-plus)



## CeraSport Plus

Description: (from Manufacturer's Website)

Provides you 60 Grams of Our Patented Rice-Based Carbohydrate to Perform at Your Best.

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:\*\* \$2.30

3rd Party Certifications:

Gluten Free, Natural

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.)

Strawberry

Poor Choice

Rating: **64.0** points



## Nutrition Facts

Serving Size: 1 Packet (Yields 14-16 oz)  
Servings per Container: 5 Calories: 120

	% Daily Value *
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0g	0%
<b>Sodium</b> 230mg	10%
<b>Total Carbohydrates</b> 30g	10%
Dietary Fiber 0g	0%
<b>Total Sugars</b> 6g	
<b>Protein</b> 0g	0%
Potassium 85mg	2%

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, total sugars, added sugars, vitamin A, C & D, calcium, and iron. Percent Daily Values (DV) are based on 2,000 calorie diet.

\*Percent Daily Values are based on 2,000 calorie diet.

### Ingredients

Rice Syrup Solids, Natural Flavors And Colors, Citric Acid, Sodium Chloride, Trisodium Citrate Dihydrate, Stevia, Potassium Chloride.

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