

2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT

LADDER

Manufacturer:
Openfit, LLC

Phone: 423-253-0999

Email: help.ladder.sport/app/contactus

www.ladder.sport/products/hydration



Not Recommended

Rating: **56.4** points



Supplement Facts

Serving size: 1 scoop (21.5 g)
Servings per container: 30

	Amount Per Serving	% Daily Value
Calories	70	
Total Carbohydrate	18 g	7% †
Total Sugars	16 g	**
Includes 16g Added Sugars		32% †
Calcium (as calcium citrate)	310 mg	24%
Magnesium (as magnesium citrate)	150 mg	36%
Sodium (as pink Himalayan salt)	390 mg	17%
Potassium (as potassium citrate)	190 mg	4%
Dextrose	15 g	**

†Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

Ingredients

Natural Flavors, Citric Acid, Silica, Xanthan Gum, Stevia Leaf Extract, Beet Juice (color), Purple Grape Juice (color). Contains: Wheat.

USBRB Commentary (PROS/CONS):

Hydration Capabilities:

PRO - Helps Rehydrate/Maintain Hydration

Electrolyte Content:

CON - Slightly High Amount of Electrolytes

Electrolyte Balance:

CON - Unbalanced Electrolytes

Flavoring:

PRO - Contains Natural Flavor(s)

Coloring:

PRO - Contains Natural Color(s)

Sugar Content:

CON - Contains Excessive 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:

PRO - Provides Endurance Support

Ladder Hydration

Description: (from Manufacturer's Website)

Clean Ingredients, No Artificial Flavors or Sweeteners, Great Taste.

Primary Application(s):

Supplement, Extreme Workouts

Beverage Form:

Powder - Pre-Measured

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

Wheat

Price per Serving:** \$2.00

3rd Party Certifications:

NSF Certified

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.)

Mixed Berry

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