

2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT

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:

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 - 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

READY®

Manufacturer:

Come Ready Foods LLC

Phone: 412-939-3399

Email: info@teamready.com

www.teamready.com/shop

Ready Sports Drink Light

Description: (from Manufacturer's Website)

Super Fruit Blend, Dominant Electrolytes, B Vitamins with 40% Fruit Juice. No Sugar.

Primary Application(s):

Sports Activity (Fitness)

Beverage Form:

Ready to Drink

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None



Price per Serving:** \$2.22

3rd Party Certifications:

Kosher, 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.)

Classic Lemonade, Mango Lemonade, Strawberry Lemonade, Watermelon Lemonade

Highly Recommended

Rating: **88.0** points



Nutrition Facts

1 Serving Per Container

Serving size 16.9 fl. oz. (500ml)

Amount per serving

Calories **20**

% Daily Value*

Total Fat 0g **0%**

Sodium 230mg **10%**

Total Carbohydrate 4g **1%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 0g

Potassium 200mg **4%**

Niacin (Vitamin B₃) 8mg **50%**

Vitamin B₆ 1.8mg **110%**

Folate (Vitamin B₉) 417mcg **100%**

Vitamin B₁₂ 2.5mcg **100%**

Magnesium 26mg **6%**

Chloride 344mg **15%**

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, and iron.

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients

Filtered Water, Fruit Juice Concentrate Blend, Citric Acid, Electrolyte Mix (Sea Salt, Potassium Citrate, Magnesium Citrate), Vitamin Mix (Niacin, Vitamin B12, Folic Acid, Vitamin B6), Natural Flavors, Fruit and Vegetable Juice (for Color).

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