

# 2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT

## USBRB Commentary (PROS/CONS):

### Hydration Capabilities:

PRO - Helps Rehydrate/Maintain Hydration

### Electrolyte Content:

CON - Excessive Amount of Electrolytes

### Electrolyte Balance:

CON - Unbalanced Electrolytes

### Flavoring:

PRO - Contains Natural Flavor(s)

### Coloring:

NEUTRAL - Doesn't Contain Any Coloring

### Sugar Content:

CON - Contains Excessive Sugar

### Sweetener(s):

PRO - Contains Only Natural Sweetener(s),

PRO - Does Not Contain Stevia (Diuretic)

### Glycemic Index:

NEUTRAL - Medium Glycemic Index

### Sodium Content:

PRO - Limited or No Sodium

### Stimulants:

PRO - Stimulant Free

### Aids Recovery:

PRO - Aids Recovery

### Provides Energy:

PRO - Boosts Energy

### Other Functional Benefits:

CON - No Other Functional Benefits



Manufacturer:  
Krampade, LLC

Phone: 833-572-6733

Email: [howdy@krampade.com](mailto:howdy@krampade.com)

<https://krampade.com/product/krampade-4k>



## Krampade 4K

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

Designed for Acute, Active Cramping Associated with Athletes and Athletic Competition. Also Designed to Give Rapid Relief for Severe Cramps.

Price per Serving:\*\* \$0.66

### 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.)

Lemon-Lime

### Primary Application(s):

Daily Hydration, Sports Activity (Fitness), Recovery

### Beverage Form:

Powder - Bulk

### Beverage Base:

Still Water

### Label (and Other) Warnings:

None

### Allergens: (Ingredient Related)

None

Not Recommended

Rating: **49.1** points



## Nutrition Facts

About 19 servings per container

**Serving size** (51g)

**Amount Per Serving**

**Calories** **160**

% Daily Value\*

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 200mg **9%**

**Total Carbohydrate** 40g **13%**

Dietary Fiber 0g **0%**

Total Sugars 40g

Includes 40g Added Sugars **80%**

**Protein** 0g

Vitamin D 0mcg **0%**

Calcium 0mg **0%**

Iron 0mg **0%**

Potassium 4000mg **85%**

\* 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

Sugar, Potassium Chloride, Citric Acid, Sodium Chloride, Potassium Citrate, Advantame®.

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