

2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT



Manufacturer:
MySpringEnergy

Phone: 510-470-7390

Email: contact@myspringenergy.com

www.myspringenergy.com/collections/all



Not Recommended

Rating: **52.7** points



USBRB Commentary (PROS/CONS):

Hydration Capabilities:

PRO - Helps Rehydrate/Maintain Hydration

Electrolyte Content:

CON - Inadequate Amount of Electrolytes

Electrolyte Balance:

PRO - Balanced Electrolytes/RapidHydration

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:

CON - High 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

Spring Energy Gels - 170 Calories

Description: (from Manufacturer's Website)

Provides an Array of Energy Sources, Ensuring Sustainability During Heavy Endurance Support Activities.

Price per Serving:** \$4.69

3rd Party Certifications:

Vegan

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.)

Chocolate Cherry Heaven

Primary Application(s):

Extreme Workouts

Beverage Form:

Gel

Beverage Base:

N/A

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

Tree Nuts and/or Coconut

Nutrition Facts

Serving Size: 1 packet (54g)

Servings per Container: 1

Calories: **170**

	% Daily Value *
Total Fat 7g	9%
Saturated Fat 1.5g	8%
Monounsaturated Fat 0g	
Polyunsaturated Fat 0g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	4%
Potassium 200mg	4%
Total Carbohydrates 28g	10%
Dietary Fiber 2g	7%
Total Sugars 15g	
Protein 3g	5%
Vitamin A 0mcg	0%
Vitamin C 0mcg	0%
Calcium 0mg	0%
Iron 0.56mg	7%

*Percent Daily Value in based on 2,000 calorie diet.

Ingredients

Maple Syrup, Basmati Rice, Bananas, Dried Cherries, Hazelnuts, Almond Butter, Dark Chocolate (Cocoa and Organic Sugar), Soy Lecithin, Lemon Juice, Sea Salt. Contains: Tree Nuts (Almond, Hazelnut, Coconut).

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