

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:

CON - Contains Some Artificial Flavor(s)

Coloring:

PRO - Contains Natural Color(s)

Sugar Content:

PRO - Limited or No Sugar

Sweetener(s):

CON - Contains Only Artificial Sweetener(s),

PRO - Does Not Contain Stevia (Diuretic)

Glycemic Index:

PRO - Will Not Impact Blood Sugar

Sodium Content:

PRO - Limited or No Sodium

Stimulants:

PRO - Stimulant Free

Aids Recovery:

CON - No Recovery Ingredient(s)

Provides Energy:

PRO - Boosts Energy

Other Functional Benefits:

PRO - Bolsters Immunity

TRANSFORM HQ

Manufacturer:

TransformHQ

Phone: 888-721-7890

Email: support@transformhq.com

<https://transformhq.com/products/hydration-drink-mix>



Everyday Hydration

Description: (from Manufacturer's Website)

A Zero-Calorie, Zero-Sugar Drink Mix to Help Support Hydration and Mental Clarity. Drinking Water Just Got Even More Enjoyable!

Price per Serving:** \$0.95

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.)

Fruit Punch, Crisp Apple, Ruby Red Grapefruit, Cotton Candy, Blue Raspberry, Pina Colada, Cherry Limeade, Peach Mango, Tropical Whip, Rocket Pop, Watermelon, Sweet Tea, Strawberry Lemonade

Primary Application(s):

Daily Hydration, Sports Activity (Fitness)

Beverage Form:

Powder - Bulk

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Poor Choice

Rating: **61.5** points



Supplement Facts

Serving Size 1 Scoop (3.3g)
Servings Per Container 42

	Amount per serving	% Daily Value
Niacin (as Niacinamide)	35 mg	219%
Vitamin B ₆ (as Pyridoxine HCl)	44 mg	2588%
Folate (as Folic Acid)	800 mcg DFE	200%
Vitamin B ₁₂ (as Methylcobalamin)	25 mcg	1042%
Calcium (as Calcium Citrate)	50 mg	4%
Magnesium (as Magnesium Citrate)	50 mg	12%
Sodium (as Sodium Chloride)	50 mg	2%
L-Tyrosine	250 mg	*

*Daily Value not established.

Ingredients

Citric Acid, Malic Acid, Natural & Artificial Flavors, Silicon Dioxide, Beet Root Powder (for Color), Sucralose, Acesulfame Potassium.

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