

2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT

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:

NEUTRAL - Doesn't Contain Any Coloring

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:

PRO - Bolsters Immunity



Manufacturer:

Essential Elements Nutrition

Phone: 888-343-9888

Email: support@essentialelementsnutrition.com

<https://essentialelementsnutrition.com/product/hydration-variety-24>



Essential Elements Hydration with ACV

Description: (from Manufacturer's Website)

Electrolytes, Like Sodium, Chloride and Potassium, are Water-Attracting Salts. Not Enough Salty Electrolytes in Your Body Means You Can't Efficiently Absorb Water.

Primary Application(s):

Daily Hydration, Sports Activity (Fitness), Extreme Workouts

Beverage Form:

Powder - Pre-Measured

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Price per Serving:** \$1.60

3rd Party Certifications:

Gluten Free, Dairy Free, Soy Free, 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.)

Blue Raspberry Lemonade, Watermelon Cucumber, Yuzu Lime

Acceptable

Rating: **74.9** points



Supplement Facts

Serving Size 1 Stick Pack (7 g)
Servings Per Container 8

	Amount Per Serving	%DV
Calories	10	
Total Carbohydrate	2 g	<1% [^]
Vitamin C (as Sodium Ascorbate)	800 mg	889%
Chloride	460 mg	20%
Sodium	500 mg	22%
Potassium	400 mg	9%
Apple Cider Vinegar (ACV) 5% Acetic Acid Powder	1500 mg	†
Blue Spirulina 25% Phycocyanin Extract (<i>Spirulina platensis</i>)	50 mg	†

[^] Percent Daily Value is based on a 2,000 calorie diet.
† Daily Value (DV) not established

Ingredients

Citric Acid, Potassium Citrate, Sodium Ascorbate, Himalayan Sea Salt, Natural Fruit Flavors, Sodium Citrate, Stevia Leaf, Fumaric Acid, Malic Acid, Silica.

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