

# 2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT

## USB RB Commentary (PROS/CONS):

### Hydration Capabilities:

PRO - Helps Rehydrate/Maintain Hydration

### Electrolyte Content:

CON - Inadequate Amount of Electrolytes

### Electrolyte Balance:

CON - Unbalanced Electrolytes

### Flavoring:

PRO - Contains Natural Flavor(s)

### Coloring:

PRO - Contains Natural Color(s)

### Sugar Content:

PRO - Limited or No Sugar

### Sweetener(s):

MIXED - Contains Both Natural and Artificial Sweeteners, CON - Contains Stevia (Diuretic)

### Glycemic Index:

PRO - Low 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:  
Road to Pro, Inc.

Phone: N/A

Email: [support@rtpennis.com](mailto:support@rtpennis.com)

<https://rtpennis.com/products/second-wind-electrolyte-drink-mix-strawberry-lemonade-30-sticks>



## Second Wind Intense Hydration

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

F.A.R. SYSTEM (Fast Absorbing Rehydration): 3x the Hydration Than Water Alone. Magnesium for Preventing Muscle Cramps and Spasms. Key Electrolytes and Glucose to Sustain Your Energy During Workouts. 5 Times Less Sugar Than Regular Sports Drinks.

### Primary Application(s):

Daily Hydration, Sports Activity (Fitness)

### Beverage Form:

Powder - Pre-Measured

### Beverage Base:

Still Water

### Label (and Other) Warnings:

None

### Allergens: (Ingredient Related)

Phenylalanine

Price per Serving:\*\* \$1.30

### 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.)

Strawberry Lemonade

Poor Choice

Rating: **69.5** points



## Nutrition Facts

10 Serving Per Container

Serving size 1 Stick (7g)

[ 1 Sticks + 16 oz Water ]

Calories: 25

Total Fat: 0g 0%

Saturated Fat: 0g 0%

Trans Fat -

Cholesterol - -

Sodium: 116mg 6%

Total Carbohydrate: 6g 2%

Total Sugars: 3g

Protein: Less than 1g

Potassium: 93mg. 3%

Magnesium: 11mg. 3%

Zinc: 1mg 12%

\*Percent Daily Value is based on a 2,000 calorie diet.

### Ingredients

Anhydrous Crystalline Glucose, Citric Acid, Natural Flavors, Isomalt, Trisodium Citrate, Magnesium Gluconate, Potassium Chloride, Beetroot Juice Powder, Xylitol, Taurine, Steviol Glycosides (Stevia), Silicon Dioxide, Refined Salt, Aspartame (Containing Phenylalanine), Zinc.

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