

# 2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT



Manufacturer: 02 Hydration

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### **USBRB Commentary** (PROS/CONS):

Hydration Capabilities:

CON - Limited Hydration Capabilities

Electrolyte Content:

CON - No Electrolytes

Electrolyte Balance:

CON - Unbalanced Electrolytes

Flavoring:

NEUTRAL - Doesn't Contain Any Flavoring

Coloring:

NEUTRAL - Doesn't Contain Any Coloring

Sugar Content:

PRO - Limited or No Sugar

Sweetener(s):

NEUTRAL - Does Not Contain Any 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:

CON - No Energy Ingredient(s)

Other Functional Benefits:

CON - No Other Functional Benefits

## O2 Oxygenated Water

Description: (from Manufacturer's Website)

Natural Canned Water for Dehydration Relief. Purified Electrolytes in Fresh Spring Water.

Primary Application(s):

Daily Hydration, Sports Activity (Fitness)

Beverage Form:

Ready to Drink

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Price per Serving:\*\* \$2.91
3rd Party Certifications:
Vegan, Keto-Paleo Friendly

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.)

Unflavored

# Poor Choice

Rating: **62.9** points



Nutrition I Serving Size: 1 can (473ml)	acts
Servings per Container: 1	Calories: 0
	% Daily Value *
Total Fat 0g	0%
Total Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Sodium 300mg	0%
Total Carbohydrates 0g	0%
Protein 0g	0%
*Percent Daily Value is based on a 2,000 calorie diet.	

#### Ingredients

Purified Oxygenated Water (Purified Water, Oxygen), Purified Trace Ocean Mineral Blend (for Taste), Calcium and Magnesium from Marine Algae (for Taste)

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