

2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT

USBRRB Commentary (PROS/CONS):

Hydration Capabilities:

PRO - Helps Rehydrate/Maintain Hydration

Electrolyte Content:

PRO - Proper 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):

PRO - Contains Only Natural Sweetener(s),

CON - Contains Stevia (Diuretic)

Glycemic Index:

NEUTRAL - Medium Glycemic Index

Sodium Content:

NEUTRAL - Moderate Sodium

Stimulants:

PRO - Stimulant Free

Aids Recovery:

PRO - Aids Recovery

Provides Energy:

PRO - Boosts Energy

Other Functional Benefits:

CON - No Other Functional Benefits



GNARLY
SPORTS NUTRITION

Manufacturer:

Gnarly Nutrition

Phone: 855-406-0959

Email: www.gognarly.com/pages/contact-us

www.gognarly.com/products/electrolyte-powder



Gnarly Hydrate

Description: (from Manufacturer's Website)

Low in Sugar and Loaded with B Vitamins to Fuel Tough Workouts.

Primary Application(s):

Sports Activity (Fitness)

Beverage Form:

Powder - Bulk

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Price per Serving:** \$1.50

3rd Party Certifications:

NSF Certified

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.)

Orange Pineapple, Raspberry, Ruby Red Grapefruit

Highly Recommended

Rating: **80.7** points



Nutrition Facts

Servings per Container: about 40

Serving Size: 1 level Scoop (10g)

Amount Per Serving

Calories 30

%Daily Value*

Total Fat 0g 0%

Sodium 250mg 11%

Total Carbohydrate 7g 3%

Dietary Fiber 1g 4%

Total Sugars 4g

Includes 4g Added Sugars 8%

Protein 0g 0%

Calcium 100mg 8%

Folic Acid 400mcg DFE 100%

Chloride 135mg 6%

Vitamin B6 2mg 118%

Niacin 6.8 mg NE 43%

Magnesium 80mg 19%

Riboflavin 1.7mg 131%

Vitamin B12 10mcg 417%

Potassium 100mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients

Organic Evaporated Cane Sugar, Tapioca Maltodextrin, Acacia Gum, Citric Acid, Sodium Citrate, Calcium Lactate, Magnesium Citrate, Natural Flavors, Potassium Citrate, Silicon Dioxide (Prevents Caking), Sea Salt, Trace Minerals, Natural Colors (Beet Root & Beta Carotene), Stevia (Leaf) Extract, Niacin, Folic Acid, Pyridoxine Hydrochloride, Riboflavin-5-Phosphate, Cyanocobalamin.

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