

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:

CON - Contains Excessive 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



Manufacturer:
KaraMD

Phone: 800-991-4518

Email: contact@karamd.com

www.karamd.com/shop/pureiv



Pure I.V.

Description: (from Manufacturer's Website)

On-the-Go Hydration with 15x More High-Quality Vitamin B12.

Primary Application(s):

Daily Hydration

Beverage Form:

Powder - Pre-Measured

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Price per Serving:** \$1.09

3rd Party Certifications:

Non-GMO, Vegan, Gluten Free

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.)

Lemon Lime, Passion Fruit, Strawberry, Watermelon

Poor Choice

Rating: **65.1** points



Nutrition Facts

32 Servings Per Container
Serving Size 1 Stick (16g)

Amount Per Serving:

Calories **45**

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g 0%

Cholesterol 0mg 0%

Sodium 500mg 22%

Total Carbohydrate 11g 4%

Dietary Fiber 0g 0%

Total Sugars 11g

Includes 11g Added Sugars 22%

Protein 0g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 380mg 8%

Vitamin C 73mg 80%

Niacin 22.8mg 140%

Vitamin B6 2.3mg 140%

Vitamin B12 100mcg 4,170%

Pantothenic Acid 11.4mcg 230%

*The % Daily Value 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

Ingredients

Pure Cane Sugar, Dextrose, Citric Acid, Salt, Potassium Citrate, Natural Flavors, Sodium Citrate, Potassium Phosphate, Silicon Dioxide, Rebudioside-A (Stevia Leaf Extract), Vitamin C (Ascorbic Acid), Vitamin B3 (Niacinamide), Vitamin B5 (D-Calcium Pantothenate), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B12 (Methylcobalamin).

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