

2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT

USBRB 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:

CON - Contains Excessive Sugar

Sweetener(s):

PRO - Contains Only Natural Sweetener(s),

PRO - Does Not Contain Stevia (Diuretic)

Glycemic Index:

CON - High 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:

PRO - Bolsters Immunity

MELA

water

Manufacturer:

MELA Water

Phone: 630-734-7508

Email: support@melawater.com

www.melawater.com/pages/shop



MELA Water

Description: (from Manufacturer's Website)

Hydration from Watermelon Water.

Primary Application(s):

Daily Hydration

Beverage Form:

Ready to Drink

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Price per Serving:** \$2.83

3rd Party Certifications:

Gluten Free, Non-GMO

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.)

Watermelon, Watermelon + Passionfruit, Watermelon + Pineapple

Not Recommended

Rating: **53.3** points



Nutrition Facts

Servings Per Container: 1

	Per 11 oz (330 ml) Serving		Per 16 oz (550 ml) Serving	
Calories	100		155	
	%Daily Value*		%Daily Value*	
Total Fat	0 g	0%	0 g	0%
Saturated Fat	0 g	0%	0 g	0%
Trans Fat	0 g	0%	0 g	0%
Cholesterol	0 mg	0%	0 mg	0%
Sodium	100 mg	4%	150 mg	4%
Total Carb.	24.7 g	3%	37.5 g	3%
Dietary Fiber	0 g	0%	0 g	0%
Total Sugar	24.7 g		37.5 g	
Added Sugars	0 g	0%	0 g	0%
Protein	0 g	0%	0 g	0%
Vitamin C	413 mcg	116%	625 mcg	175%
Vitamin D	0mg	0%	0mg	0%
Calcium	0mg	0%	0mg	0%
Iron	0mg	0%	0mg	0%
Potassium	73 mg	2%	110 mg	3%

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

Ingredients

Watermelon Juice, Vitamin C, Natural Flavor.

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