



# 2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT

## USBRB 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:

NEUTRAL - Doesn't Contain Any Coloring

### Sugar Content:

PRO - Limited or No Sugar

### Sweetener(s):

CON - Contains Only Artificial 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:

PRO - Aids Recovery

### Provides Energy:

CON - No Energy Ingredient(s)

### Other Functional Benefits:

CON - No Other Functional Benefits

coffee  
OVER  
**CARDIO®**

Manufacturer:

CoffeeOverCardio Co./Fit Legacy Inc.

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[www.coffeeovercardio.com/pages/hydrate-collection](http://www.coffeeovercardio.com/pages/hydrate-collection)

## Coffee Over Cardio Hydrate

Description: (from Manufacturer's Website)

Rehydrate Your Body and Feel Unbeatable Without the Added Sugar, Chemicals, or Artificial Dyes.

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)

Tree Nuts and/or Coconut



Price per Serving:\*\* \$1.00

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.)

Pink Lemonade, Strawberry Daquiri

Poor Choice

Rating: **68.9** points



## Supplement Facts

Serving Size: 1 Packet

Servings Per Container: 1

	Amount Per Serving	%DV*
Calcium (as calcium potassium phosphate citrate (Calci-K®), calcium silicate)	200mg	15%
Phosphorus (as calcium potassium phosphate citrate (Calci-K®))	90mg	7%
Magnesium (as magnesium bisglycinate chelate (TRAACS®))	30mg	7%
Chloride (as pink himalayan salt)	280mg	12%
Sodium (as pink himalayan salt)	190mg	8%
Potassium (as calcium potassium phosphate citrate (Calci-K®), potassium glycinate complex, coconut water concentrate)	205mg	4%

\*Daily Values Based on a 2,000 Calorie Diet

\*Percent Daily Values (DV) Not Established

### Ingredients

Malic Acid, Citric Acid, Natural Flavors, Sucralose, Silicon Dioxide, Acesulfame Potassium. Contains: Tree Nuts (Coconut).

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