

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:

CON - Contains Artificial 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:

PRO - Limited or No Sodium

Stimulants:

PRO - Stimulant Free

Aids Recovery:

PRO - Aids Recovery

Provides Energy:

PRO - Boosts Energy

Other Functional Benefits:

CON - No Other Functional Benefits



Manufacturer:
Hoist/QCK, LLC

Phone: 513-242-0742

Email: info@drinkhoist.com

www.drinkhoist.com/collections/military-hydration-powder-sticks



Hoist Military Hydration

Description: (from Manufacturer's Website)

Military Hydration Powder. Trusted by America's Elite Warfighters.

Price per Serving:** \$0.83

3rd Party Certifications:

Department of Defense Approved

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.)

Fruit Punch, Peach Mango, Grape

Primary Application(s):

Sports Activity (Fitness)

Beverage Form:

Powder - Pre-Measured

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Not Recommended

Rating: **55.3** points



Nutrition Facts

24 Servings per Container
Serving size 1/2 Stick (14g)

Amount per serving
Calories 50

% Daily Value*

Total Fat 0g 0%

Sodium 150mg 7%

Total Carbohydrate 12g 4%

Sugars 12g
(Includes 12g Added Sugars) 24%

Protein 0g

Calcium 20mg 2%

Potassium 45mg 0%

Not a significant source of Saturated Fat, Trans Fat, Cholesterol, Dietary Fiber, Iron, & Vitamin D

*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

Sugar, Dextrose, Citric Acid, Trisodium Citrate, Maltodextrin, Potassium Phosphate, Calcium Lactate Gluconate, Magnesium Lactate, Silicon Dioxide, Sodium Chloride, Rebaudioside A (Stevia Extract), Modified Food Starch, Natural Flavors, Red 40.

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