



2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT

USBRB Commentary (PROS/CONS):

Hydration Capabilities:

PRO - Helps Rehydrate/Maintain Hydration

Electrolyte Content:

CON - Slightly High 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):

PRO - Contains Only Natural Sweetener(s),

CON - Contains Stevia (Diuretic)

Glycemic Index:

PRO - Will Not Impact Blood Sugar

Sodium Content:

NEUTRAL - Moderate Sodium

Stimulants:

PRO - Stimulant Free

Aids Recovery:

PRO - Aids Recovery

Provides Energy:

PRO - Boosts Energy

Other Functional Benefits:

PRO - Supports Gut Health



Manufacturer:

GNC Holdings, LLC

Phone: 888-462-4700

Email: customer-service@gnc-hq.com

www.gnc.com/search?q=amp+hydration&lang=default&mrkgadid=&mrkgcl=1098&mrkgen=&mrkgbflag=&mrkgcat=&



GNC AMP Amplified Hydration

Description: (from Manufacturer's Website)

Essential Electrolyte & Healthy Digestion Complex to Maximize Fluid Absorption & Muscle Recovery.

Primary Application(s):

Daily Hydration, Sports Activity (Fitness)

Beverage Form:

Powder - Pre-Measured

Beverage Base:

Still Water

Label (and Other) Warnings:

Do Not Use if Pregnant, Not for Nursing Mothers

Allergens: (Ingredient Related)

None

Price per Serving:** \$1.75

3rd Party Certifications:

Gluten Free, Informed Choice

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.)

Tropical Punch, Acai Blueberry, Lemon Lime

Acceptable

Rating: **74.8** points



Supplement Facts		
Serving Size One Stick Pack (7.6 g)		
Servings Per Container 20		
Amount Per Serving		% Daily Value
Calories	5	
Total Carbohydrate	4 g	14%
Dietary Fiber	4 g	14%
Total Sugars	0 g	
Vitamin C (as Ascorbic Acid)	90 mg	100%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 mg	118%
Vitamin B-12 (as Methylcobalamin)	2.4 mcg	100%
Pantothenic Acid (as Calcium Pantothenate)	6 mg	120%
Magnesium (as Magnesium Oxide)	25 mg	6%
Zinc (as Zinc Gluconate)	2 mg	18%
Chloride (as Sodium Chloride & Potassium Chloride)	550 mg	24%
Sodium (as Sodium Chloride)	350 mg	15%
Potassium (as Potassium Chloride)	100 mg	3%
Indian Frankincense (Boswellia serrata) Gum Resin Extract	60 mg	*
Bacillus subtilis DE111® (5 Billion CFUs)	50 mg	*
PreforPro® Phage Complex	15 mg	*
LN01 - Myoviridae Bacteriophage		*
LLS - Siphoviridae Bacteriophage		*
T40 - Myoviridae Bacteriophage		*
LL12 - Myoviridae Bacteriophage		*
* Percent Daily Values are based on a 2,000 calorie diet.		
* Daily Value not established.		

Ingredients

Acacia Gum, Citric Acid, Malic Acid, Natural Flavors, And Less Than 2% of: Dicalcium Phosphate, Hydroxypropyl Methylcellulose, Rebudioside M, Rice Maltodextrin, Steviol Glycosides.

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