

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):

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:

PRO - Boosts Energy

Other Functional Benefits:

PRO - Supports Healthy Cell Function, Heart Health, Prevents Heat Stroke, Bolsters Immunity



Manufacturer:
MTN OPS, LLC

Phone: 888-760-3393

Email: support@mtnops.com

<https://mtnops.com/products/hydrate>



MTN OPS Hydrate

Description: (from Manufacturer's Website)

Specifically Crafted with a Unique Blend of Essential Electrolytes, Vitamins, and Minerals to Help Improve Overall Hydration and Performance Both at the Gym or on the Mountain. Contains: tree Nuts (Coconut).

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:** \$1.50

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.)

Lemonade, Mango Peach

Acceptable

Rating: **75.6** points



Supplement Facts

Serving Size 1 Pack (9 g)
Servings Per Container 20

Amount Per Serving		%DV
Calories	10	
Total Carbohydrate	2 g	<1%*
Total Sugars	1 g	†
Includes 1 g Added Sugars		2%*
Vitamin A (as Retinyl Palmitate)	300 mcg	33%
Vitamin C (Ascorbic Acid)	180 mg	200%
Vitamin E (as D-alpha Tocopheryl Acetate)	8 mg	53%
Niacin (as Niacinamide)	32 mg	200%
Vitamin B6 (as Pyridoxine HCl)	2.8 mg	165%
Folate (as 360 mcg Folic Acid)	600 mcg DFE	150%
Vitamin B12 (as Methylcobalamin)	30 mcg	1250%
Pantothenic Acid (as d-Calcium Pantothenate)	10 mg	200%
Calcium (as Calcium Bisglycinate Chelate)	30 mg	2%
Magnesium (as Magnesium Aspartate)	80 mg	19%
Zinc (as Zinc Citrate)	7 mg	64%
Manganese (as Manganese Amino Acid Chelate)	1.5 mg	65%
Chloride (as Himalayan Salt)	200 mg	9%
Sodium (as Himalayan Salt)	115 mg	5%
Potassium (as Potassium Phosphate Dibasic, Coconut Water Powder)	670 mg	14%
D-Ribose	1000 mg	†
Coconut Water Powder	500 mg	†
OmniMin AC Trace Mineral Blend	100 mg	†
L-Tyrosine	100 mg	†
L-Theanine	100 mg	†

* Percent Daily Values are based on a 2000 calorie diet
† Daily Value (DV) not established

Ingredients

Citric Acid, Natural Flavor, Calcium Silicate, Sucralose. Contains: Tree Nuts (Coconut).

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