

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):

PRO - Contains Only Natural Sweetener(s),

CON - Contains Stevia (Diuretic)

Glycemic Index:

NEUTRAL - Medium Glycemic Index

Sodium Content:

CON - High Sodium

Stimulants:

CON - Contains Stimulant(s)

Aids Recovery:

PRO - Aids Recovery

Provides Energy:

PRO - Boosts Energy

Other Functional Benefits:

CON - No Other Functional Benefits



Manufacturer:
XACT Nutrition USA

Phone: 514-825-5136

Email: info@xactnutrition.com

<https://us.xactnutrition.com/products/-copy-of-xact-electrolytes-sport-hydration-tabs?variant=443935538>



XACT Electrolytes Tablets With Caffeine

Description: (from Manufacturer's Website)

Consuming Exactly the Right Quantities of Sodium, Potassium, Magnesium, Iron and Vitamin C, Ensures Optimal Hydration by Maximizing Water Absorption, as Well as Replenishing Electrolytes Lost During Effort. Contains 50mg Caffeine per Serving.

Primary Application(s):

Daily Hydration, Sports Activity (Fitness), Energy/Caffeine

Beverage Form:

Tablet(s)

Beverage Base:

Effervescent

Label (and Other) Warnings:

Not for Children, Do Not Use if Caffeine Sensitive, Do Not Use if Pregnant, Not for Nursing Mothers

Allergens: (Ingredient Related)

None

Price per Serving:** \$0.80

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.)

Citrus Bang

Poor Choice

Rating: **68.9** points



Nutrition Facts Valeur Nutritive

Per 1 tablet (4.5 g)
pour 1 comprimé (4,5 g)

Calories 15	% Daily Value*
Total Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 3 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 520 mg	23 %
Potassium 100 mg	2 %
Iron / Fer 6 mg	33 %
Vitamin C / Vitamine C 25 mg	28 %
Magnesium / Magnésium 25 mg	6 %

* 5% or less is a little, 15% or more is a lot
* 5 % ou moins c'est peu, 15 % ou plus c'est beaucoup

Ingredients

Citric Acid, Sugars (Glucose Syrup), Sodium Bicarbonate, Salt, Potassium, Natural Flavors, Guarana Extract (Caffeine) Polyethylene Glycol, Magnesium, Iron, Vitamin C, Stevia Extract. Contains 50mg Caffeine per Serving.

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