

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:

PRO - Will Not Impact Blood Sugar

Sodium Content:

NEUTRAL - Moderate Sodium

Stimulants:

PRO - Stimulant Free

Aids Recovery:

CON - No Recovery Ingredient(s)

Provides Energy:

CON - No Energy Ingredient(s)

Other Functional Benefits:

CON - No Other Functional Benefits



Manufacturer:

TruVidity Labs

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Email: debbie@truvidity.com

www.truviditylabs.com/ols/products/trusplash



TruSplash Balanced Electrolytes

Description: (from Manufacturer's Website)

Contains Electrolytes that are Required to Maintain Proper Hydration, Nerve and Muscle Function in the Body.

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.)

Lemonade, Mixed Berry, Red Grape

Primary Application(s):

Daily Hydration

Beverage Form:

Powder - Bulk

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Poor Choice

Rating: **69.6** points



Supplement Facts

Serving Size: 1 scoop (6.6g)

Servings per Container: 30

Calories: 0

% Daily Value *

Potassium	
(from Potassium Chloride) 200mg	4%
Sodium (from Sodium Citrate & Sodium Chloride) 500mg	22%
Magnesium (from Magnesium Taurate & Magnesium Malate) 100mg	24%
Calcium (from Calcium Citrate) 200mg	15%

**Daily Value Not Established

Ingredients

Malic Acid, Natural Flavoring, Stevia Extract, Citric Acid.

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