

2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT



Manufacturer:
MySpringEnergy

Phone: 510-470-7390

Email: contact@myspringenergy.com
www.myspringenergy.com/collections/all



Spring Energy Gels - 140 Calories

Description: (from Manufacturer's Website)
Well-Balanced Mix of Complex and Simple Carbohydrates Providing Contact Energy for Extended Performance.

Primary Application(s):
Extreme Workouts

Beverage Form:
Gel

Beverage Base:
N/A

Label (and Other) Warnings:
None

Allergens: (Ingredient Related)
Tree Nuts and/or Coconut

Price per Serving:** \$4.69

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.)

Long Haul

Poor Choice

Rating: **63.1** points



Nutrition Facts

Serving Size: 1 packet (41g)
Servings per Container: 1 Calories: **100**

	% Daily Value *
Total Fat 3g	4%
Saturated Fat 0g	1%
Monounsaturated Fat 1.5g	
Polysaturated Fat 1g	
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 130mg	6%
Potassium 65mg	2%
Total Carbohydrates 17g	6%
Dietary Fiber 0g	0%
Total Sugars 5g	
Protein 1g	2%
Vitamin A 0mcg	0%
Vitamin C 135mcg	150%
Calcium 0mg	0%
Iron 0.32mg	4%

*Percent Daily Value in based on 2,000 calorie diet.

Ingredients
Basmati Rice, Organic Banana, Honey, Molasses, Orange Juice, Coconut Oil, Soy Lecithin, Organic Chia Seeds, Vitamin C, Citric Acid, Sea Salt. Contains: Tree Nuts (Coconut).

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:

NEUTRAL - Doesn't Contain Any Coloring

Sugar Content:

PRO - Limited or No Sugar

Sweetener(s):

PRO - Contains Only Natural Sweetener(s),
PRO - Does Not Contain 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:

PRO - Bolsters Immunity

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