



2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT

USBRB Commentary (PROS/CONS):

Hydration Capabilities:

PRO - Helps Rehydrate/Maintain Hydration

Electrolyte Content:

CON - Inadequate Amount of Electrolytes

Electrolyte Balance:

CON - Unbalanced Electrolytes

Flavoring:

CON - Contains Some Artificial Flavor(s)

Coloring:

NEUTRAL - Doesn't Contain Any Coloring

Sugar Content:

CON - Contains Excessive Sugar

Sweetener(s):

PRO - Contains Only Natural Sweetener(s),

PRO - Does Not Contain Stevia (Diuretic)

Glycemic Index:

CON - High 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:

CON - No Other Functional Benefits



Manufacturer:

Otsuka Holdings, Co., Ltd.

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Email: hello@trypocari.com

www.trypocari.com/collections/try-pocari/products/pocari-sweat-powder-5-pack



Pocari Sweat Hydration Powder

Description: (from Manufacturer's Website)

Japan's Favorite Hydration Drink in Powder Form to Take with You On-the-Go.

Price per Serving:** \$2.00

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.)

Grapefruit

Primary Application(s):

Daily Hydration, Recovery

Beverage Form:

Powder - Pre-Measured

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Not Recommended

Rating: **49.8** points



Nutrition Facts

Serving Size: 1 packet

Servings per Container: 25

Calories: **80**

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 170mg	8%
Total Carbohydrates 20g	9%
Dietary Fiber 0g	0%
Total Sugars 20g	
Includes 16g Added Sugar	50%
Protein 0g	
Calcium 10mg	0%
Potassium 700mg	2%
Magnesium 2mg	1%
Chloride 200mg	2%

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

Ingredients

Cane Sugar, Glucose, Citric Acid, Grapefruit Powder, Natural and Artificial Flavor, Sodium Citrate, Salt, Less than 1% of Ascorbic Acid (to Protect Flavor), Potassium Chloride, Calcium Lactate, Magnesium Carbonate.

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