



# 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:

PRO - Contains Natural 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:

NEUTRAL - Medium Glycemic Index

### Sodium Content:

NEUTRAL - Moderate Sodium

### Stimulants:

PRO - Stimulant Free

### Aids Recovery:

PRO - Aids Recovery

### Provides Energy:

PRO - Boosts Energy

### Other Functional Benefits:

CON - No Other Functional Benefits

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Manufacturer:

Huma Gel

Phone: 615-852-8238

Email: [questions@humagel.com](mailto:questions@humagel.com)

[www.humagel.com/products/huma-plus-mix](http://www.humagel.com/products/huma-plus-mix)



## Huma Energy Gel Plus

Description: (from Manufacturer's Website)

Includes Double the Amount of Electrolytes in a Single Energy Gel.

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:\*\* \$2.75

3rd Party Certifications:

Vegan, Gluten Free

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.)

Berries & Pomegranate, Blackberry Banana

Not Recommended

Rating: **49.2** points



## Nutrition Facts

Serving Size: 1 packet (41g)

Servings per Container: 1

Calories: **100**

		% Daily Value *
<b>Total Fat</b>	0.5g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	240mg	10%
<b>Total Carbohydrates</b>	21g	8%
Fiber	1g	5%
Total Sugars	13g	
Including 10g Added Sugars		20%
<b>Protein</b>	1g	
<b>Vitamin D</b>		0%
<b>Calcium</b>	20mg	2%
<b>Iron</b>	0.16mg	2%
<b>Potassium</b>	70mg	2%

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

\*\* Daily Value not Established.

### Ingredients

Fruit Juice Concentrate, Brown Rice Syrup, Fruit Puree, Powdered Chia Seeds, Fruit Juice from Concentrate, Sea Salt, Fruit Concentrate, Coconut Water Powder. Contains: Tree Nuts (Coconut).

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