

# 2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT

## USBRB Commentary (PROS/CONS):

### Hydration Capabilities:

PRO - Helps Rehydrate/Maintain Hydration

### Electrolyte Content:

CON - Slightly High Amount of Electrolytes

### Electrolyte Balance:

CON - Unbalanced Electrolytes

### Flavoring:

CON - Contains Some Artificial 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:

CON - High Glycemic Index

### Sodium Content:

CON - High Sodium

### Stimulants:

PRO - Stimulant Free

### Aids Recovery:

PRO - Aids Recovery

### Provides Energy:

PRO - Boosts Energy

### Other Functional Benefits:

CON - No Other Functional Benefits



Manufacturer:

Six Sigma Laboratories

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[www.normalyte.com/collections/hydration-bags](http://www.normalyte.com/collections/hydration-bags)



## Normalyte Oral Rehydration Salts

Description: (from Manufacturer's Website)

Get the Electrolytes You Need with No Artificial Sweeteners, Dyes or Preservatives.

Primary Application(s):

Daily Hydration

Beverage Form:

Powder - Pre-Measured

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Price per Serving:\*\* \$1.33

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.)

Apple, Grape, Orange

Poor Choice

Rating: **64.6** points



## Nutrition Facts

Serving Size: 1 packet

Servings per Container: 30

Calories: 0

	% Daily Value *
<b>Total Carbohydrates</b> 6.6g	2%
Dietary Fiber 0g	0%
Total Sugars 6.75g	
Includes 6.75g Added Sugar	18%
<b>Sodium</b> 851mg	45%
<b>Potassium</b> 393mg	10%

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

### Ingredients

Dextrose, Sodium Citrate, Sodium Chloride, Potassium Chloride, Citric Acid, Natural and Artificial Flavors.

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