



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:

PRO - Contains Natural Color(s)

Sugar Content:

PRO - Limited or No Sugar

Sweetener(s):

PRO - Contains Only Natural Sweetener(s),

CON - Contains Stevia (Diuretic)

Glycemic Index:

PRO - Low 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

LIQUID®

Manufacturer:

Liquid Beverage Company LLC

Phone: 407-325-0863

Email: info@hydratewithliquid.com

<https://hydratewithliquid.com/collections/liquid>



Liquid

Description: (from Manufacturer's Website)

100% Vegan-Based Hydration beverage with No Artificial Sweeteners and Enriched with BCAA.

Primary Application(s):

Daily Hydration, Sports Activity (Fitness)

Beverage Form:

Ready to Drink

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Price per Serving:** \$2.90

3rd Party Certifications:

Gluten Free, Vegan, Kosher, BPA-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.)

Black Cherry Pomegranate, Orange Mango,
Strawberry Banana, Peach

Highly Recommended

Rating: **82.0** points



Nutrition Facts

Serving Size: 1 bottle (473ml)

Servings per Container: 1

Calories: **25**

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 10mg	0%
Total Carbohydrate 7g	2%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 8mcg	40%
Calcium 100mg	8%
Iron 0g	0%
Potassium 260mg	6%
Vitamin A 360mcg	40%
Vitamin E 13.5mg	90%
Thiamin 0.4mg	35%
Vitamin B6 0.3mg	20%
Vitamin B12 1mcg	40%
Magnesium 40mg	10%

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

** Daily Value not Established.

Ingredients

Water, Fruit Juice Concentrate, Natural Flavors, Citric Acid, Calcium Lactate, Potassium Citrate, Magnesium Citrate, Fruit and Vegetable Juice for Color, Steviol Glycosides, BCAA Blend (L-Leucine, L-Isoleucine, L-Valine), Rebadioside A Stevia Leaf Sweetener, Sea Salt, RRR- α -Tocopheryl Acetate (Vitamin E), Thiamin HCl, Retinyl Acetate (Vitamin A), Pyridoxine HCl (Vitamin B6), Ergocalciferol (Vitamin D2), Methylcobalamin (Vitamin B12).

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