

# 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:

NEUTRAL - Doesn't Contain Any Flavoring

### Coloring:

NEUTRAL - Doesn't Contain Any Coloring

### Sugar Content:

PRO - Limited or No Sugar

### Sweetener(s):

NEUTRAL - Does Not Contain Any Sweetener(s), PRO - Does Not Contain Stevia (Diuretic)

### Glycemic Index:

PRO - Will Not Impact Blood Sugar

### Sodium Content:

PRO - Limited or No Sodium

### Stimulants:

PRO - Stimulant Free

### Aids Recovery:

CON - No Recovery Ingredient(s)

### Provides Energy:

CON - No Energy Ingredient(s)

### Other Functional Benefits:

CON - No Other Functional Benefits

**LYTEBALANCE**  
electrolyte CONCENTRATE

### Manufacturer:

Smell Taste Technology, LLC

Phone: 509-927-8004

Email: [info@lytebalance.com](mailto:info@lytebalance.com)

[www.lytebalance.com/products/lyte-balance-powder-naturally-salty-drink-mix](http://www.lytebalance.com/products/lyte-balance-powder-naturally-salty-drink-mix)



## LyteBalance Electrolyte Powder

### Description: (from Manufacturer's Website)

Pure Balanced Electrolytes with No Calories, Sweeteners, Preservatives or Caffeine.

### Primary Application(s):

Daily Hydration, Sports Activity (Fitness)

### Beverage Form:

Powder Pre-Measured

### Beverage Base:

Still Water

### Label (and Other) Warnings:

None

### Allergens: (Ingredient Related)

None

Price per Serving:\*\* \$0.52

### 3rd Party Certifications:

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.)

Unflavored

Poor Choice

Rating: **68.1** points



## NUTRITION FACTS

32 servings per container

**Serving size** 1 packet (1.8g)

Amount per serving

**Calories** 0

% Daily Value <sup>†</sup>

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 210mg 9%

**Total Carbohydrate** 0g 0%

Dietary Fiber 0g 0%

Total Sugar 0g

Includes 0g Added Sugar 0%

**Protein** 0g

**Vitamin D** 0mcg 0%

**Calcium** 0mg 0%

**Iron** 0mg 0%

**Potassium** 250mg 6%

**Magnesium** 50mg 10%

<sup>†</sup> The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Ingredients

USP Grade Salt, Monopotassium Phosphate, Potassium chloride, Magnesium Citrate, Magnesium Sulfate, Sodium Thiosulfate, Potassium Bicarbonate, Sodium Bicarbonate.

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