

# 2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT



Manufacturer:  
Clif Bar & Company

Phone: 800-254-3227

Email: [www.clifbar.my.site.com/clifbarhelp-shop.clifbar.com/collections/bloks-ener-gy-chews](http://www.clifbar.my.site.com/clifbarhelp-shop.clifbar.com/collections/bloks-ener-gy-chews)



## Clif Bloks Energy Chews 2X Sodium

Description: (from Manufacturer's Website)  
Quick, Chewable Energy for Athletes While Training and Racing. 2X the Sodium of the Original Version.

Price per Serving:\*\* \$2.94

3rd Party Certifications:  
Organic

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.)

Salted Watermelon

Primary Application(s):  
Extreme Workouts

Beverage Form:  
Chews/Gummies

Beverage Base:  
N/A

Label (and Other) Warnings:  
None

Allergens: (Ingredient Related)  
None

### 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:

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

Not Recommended

Rating: **52.8** points



## Nutrition Facts

Serving Size: 3 pieces (30g)  
Servings per Container: 2 **Calories: 90**

	% Daily Value *
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Total Cholesterol</b> 0g	0%
<b>Sodium</b> 100mg	4%
<b>Total Carbohydrates</b> 24g	9%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 12g Added Sugars	24%
<b>Protein</b> 0g	0%
<b>Vitamin D</b> 0mcg	0%
<b>Calcium</b> 3mg	0%
<b>Iron</b> 0mg	0%
<b>Vitamin C</b> 0mg	0%
<b>Potassium</b> 18mg	0%

\*Percent Daily Value is based on a 2,000 calorie diet.  
\*\* Daily Value not Established.

### Ingredients

Organic Tapioca Syrup, Organic Cane Sugar, Organic Maltodextrin, Pectin, Citric Acid, Watermelon Extract with Other Natural Flavors, Sea Salt, Potassium Citrate, Black Carrot Juice Concentrate (for Color), Organic Sunflower Oil, Organic Carnauba Wax.

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