

2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT

USBRB Commentary (PROS/CONS):

Hydration Capabilities:

PRO - Helps Rehydrate/Maintain Hydration

Electrolyte Content:

PRO - Proper Amount of Electrolytes

Electrolyte Balance:

CON - Unbalanced Electrolytes

Flavoring:

PRO - Contains Natural Flavor(s)

Coloring:

NEUTRAL - Doesn't Contain Any Coloring

Sugar Content:

PRO - Limited or No Sugar

Sweetener(s):

PRO - Contains Only Natural Sweetener(s),

CON - Contains 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:

PRO - Bolsters Immunity



Manufacturer:

My Instant IV

Phone: N/A

Email: www.myinstantiv.com/pages/contact

www.myinstantiv.com/collections/shop



InstantIV Electrolyte

Description: (from Manufacturer's Website)

Advanced Hydration Technology Restores Electrolytes, Aids in Morning Recovery, Helps Boost Bolsters Immunity and Combats Altitude Dehydration.

Primary Application(s):

Daily Hydration, Recovery

Beverage Form:

Powder - Pre-Measured

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Price per Serving:** \$2.19

3rd Party Certifications:

Non-GMO, Gluten Free, Dairy Free, Soy Free, Vegan

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.)

Berry Blast, Lemon Lime, Strawberry Banana

Acceptable

Rating: **78.8** points



Supplement Facts

Serving Size: 1 stick (7.6g)

Servings per Container: 8

Calories: 20

		% Daily Value *
Total Carbohydrates	5g	0%
Total Sugars	5g	**
Includes 5g Added Sugars		10%
Vitamin C (Ascorbic Acid)	400mg	444%
Niacin (as Niacinamide)	5mg NE	31%
Vitamin B6 (Pyridoxine HCL)	2.3	138%
Folate (as Folic Acid)	680mcg DFE	170%
Vitamin B12 (Cyanocobalamin)	8mcg	333%
Pantothenic Acid	11.7mg	234%
(as Calcium Pantothenate)		
Magnesium	10mg	2%
(as Magnesium Glycinate)		
Zinc (as Zinc Citrate)	2mg	18%
Sodium (as Sodium Chloride)	300mg	13%
Potassium	200mg	4%
(as Potassium Chloride)		

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

Ingredients

Sugar, Vitamin C (Ascorbic Acid), Niacin (as Niacinamide), Vitamin B6 (Pyridoxine HCl), Folate (as Folic Acid), Vitamin B12 (Cyanocobalamin), Pantothenic Acid (as Calcium Pantothenate), Magnesium (as Magnesium Glycinate), Zinc (as Zinc Citrate), Sodium (as Sodium Chloride), Potassium (as Potassium Chloride) Other Ingredients: Natural Flavors, Citric Acid, Rebadioside-A (Stevia Leaf Extract), Silicon Dioxide.

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