

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:

PRO - Contains Natural Flavor(s)

Coloring:

NEUTRAL - Doesn't Contain Any Coloring

Sugar Content:

CON - Contains Excessive Sugar

Sweetener(s):

PRO - Contains Only Natural Sweetener(s),

PRO - Does Not Contain Stevia (Diuretic)

Glycemic Index:

PRO - Low to Medium 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



HARMLESS HARVEST®

Manufacturer:
Harmless Harvest

Phone: 347-688-6286

Email: hello@harmlessharvest.com

www.harmlessharvest.com/products/organic-coconut-water



Harmless Coconut Water

Description: (from Manufacturer's Website)

Naturally Occuring Electrolyte Source, 1 Ingredient.

Primary Application(s):

Daily Hydration

Beverage Form:

Ready to Drink

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

Tree Nuts and/or Coconut

Price per Serving:** \$4.00

3rd Party Certifications:

Organic, Gluten Free, Dairy 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.)

Coconut Water

Not Recommended

Rating: **55.9** points



Nutrition Facts

1 serving per container

Serving size 1 bottle (355ml)

Amount per serving

Calories

90

% Daily Value*

Total Fat 0g 0%

Sodium 55mg 2%

Total Carbohydrate 23g 8%

Total Sugars 20g

Includes 0g Added Sugars 0%

Protein 0g

Calcium 69mg 6%

Potassium 812mg 15%

Phosphorus 243mg 20%

Magnesium 29mg 6%

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D and iron.

* The % Daily Value (DV) 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

Organic Coconut Water.

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