

# 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:

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:

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:

CON - No Other Functional Benefits



Manufacturer:

Mike's Mix Sports Nutrition

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[www.mikesmixture.com/collections/sports-drinks/products/sports-drink-lemon-aid](http://www.mikesmixture.com/collections/sports-drinks/products/sports-drink-lemon-aid)



## Mike's Mix Sports Drink

Description: (from Manufacturer's Website)

Provides Sustained Energy for Your Workout and Replenishes Electrolytes Lost Through Sweat.

Price per Serving:\*\* \$0.56

3rd Party Certifications:

None

Primary Application(s):

Daily Hydration, Sports Activity (Fitness)

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.)

Lemon-Aid

Beverage Form:

Powder - Bulk

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Not Recommended

Rating: **51** points



## Nutrition Facts

Serving Size: 1 level scoop (35g)  
Servings per Container: 52 Calories: **130**

		% Daily Value *
<b>Total Fat</b>	0g	67%
<b>Sodium</b>	225mg	9%
<b>Chloride</b>	330mg	10%
<b>Total Carbohydrates</b>	33g	11%
of Which are Sugars 33g		
<b>Protein</b>	0g	0%
<b>Potassium</b>	7mg	0%
<b>Calcium</b>	4mg	0%

Not a significant sources of Vitamin A, Vitamin C or iron.

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

\*\* Daily Value not Established.

### Ingredients

Sugar, Dextrose, Sea Salt, Citric Acid, Natural Lemon Flavoring, Stevia.

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