

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:

PRO - Limited or No Sugar

Sweetener(s):

PRO - Contains Only Natural Sweetener(s),

CON - Contains Stevia (Diuretic)

Glycemic Index:

PRO - Will Not Impact Blood Sugar

Sodium Content:

NEUTRAL - Moderate 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



Manufacturer:
Tru Supplements

Phone: 800-413-9651

Email: support@gettrusupps.com

<https://gettrusupps.com/products/tru-hydrate>



Tru Hydrate

Description: (from Manufacturer's Website)

Delicious, Zero Calorie, Zero Sugar, All Day Drinkable Formula of the Crucial Electrolytes our Bodies Need to Function Optimally.

Primary Application(s):

Daily Hydration, Sports Activity (Fitness)

Beverage Form:

Powder - Bulk

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Price per Serving:** \$0.56

3rd Party Certifications:

Gluten 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.)

Orange Soda, Cucumber Melon, Tropical Punch

Poor Choice

Rating: **64.8** points



Supplement Facts

Serving Size: 1 Scoop (2.90g)
Servings Per Container: 50

	Amount per Serving	%DV
Calcium	31mg	3%
Magnesium	15mg	3%
Sodium	225mg	9%
Potassium	35mg	1%
Coconut Water	500mg	†
Di-Calcium Malate	50mg	†
Di-Magnesium Malate	75mg	†
Sodium Chloride (Sea Salt)	592mg	†
Dipotassium Phosphate	80mg	†
Calcium Silicate	132mg	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Ingredients

Citric Acid, Natural Flavors, Stevia Extract, Monk Fruit Extract.

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