

2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT



Manufacturer:
XACT Nutrition USA

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<https://us.xactnutrition.com/products/-copy-of-xact-electrolytes-sport-hydration-tabs>



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:

CON - High Sodium

Stimulants:

PRO - Stimulant Free

Aids Recovery:

PRO - Aids Recovery

Provides Energy:

PRO - Boosts Energy

Other Functional Benefits:

CON - No Other Functional Benefits

XACT Electrolyte Tablets

Description: (from Manufacturer's Website)

Consuming Exactly the Right Quantities of Sodium, Potassium, Magnesium, Iron and Vitamin C, Ensures Optimal Hydration by Maximizing Water Absorption, as Well as Replenishing Electrolytes Lost During Effort.

Primary Application(s):

Daily Hydration, Sports Activity (Fitness)

Beverage Form:

Tablet(s)

Beverage Base:

Effervescent

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Price per Serving:** \$0.80

3rd Party Certifications:

None

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.)

Lightly Lemon, Cherry Berry

Acceptable

Rating: **72.2** points



Nutrition Facts Valeur Nutritive

Per 1 tablet (4.5 g)
pour 1 comprimé (4,5 g)

	% Daily Value*
Calories 15	% valeur quotidienne *
Total Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	
+ Trans / trans 0 g	0 %
Carbohydrate / Glucides 3 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 0 g	0 %
Protein / Protéines 0 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 520 mg	23 %
Potassium 100 mg	2 %
Iron / Fer 6 mg	33 %
Vitamin C / Vitamine C 25 mg	28 %
Magnesium / Magnésium 25 mg	6 %

* 5% or less is a little, 15% or more is a lot
* 5 % ou moins c'est peu, 15 % ou plus c'est beaucoup

Ingredients

Citric Acid, Sugars (Glucose Syrup), Sodium Bicarbonate, Salt, Potassium, Natural Flavor, Polyethylene Glycol, Magnesium, Iron, Vitamin C, Stevia Extract.

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