

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:

CON - Contains Some Artificial Flavor(s)

Coloring:

PRO - Contains Natural Color(s)

Sugar Content:

PRO - Limited or No Sugar

Sweetener(s):

CON - Contains Only Artificial Sweetener(s),

PRO - Does Not Contain Stevia (Diuretic)

Glycemic Index:

PRO - Will Not Impact Blood Sugar

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

RAW

Manufacturer:

Raw Nutrition Sports Supplements

Phone: 678-335-2105

Email: info@getrawnutrition.com

<https://getrawnutrition.com/products/bum-hydration>



RAW Nutrition BUM Hydration Formula

Description: (from Manufacturer's Website)

An Advanced Electrolyte Formula Made to Help You Recover Quickly! Our Formula Replenishes Vital Minerals Lost Through Activities Like Sweating and Exercise. Contains: Tree Nuts (Coconut).

Primary Application(s):

Daily Hydration, Sports Activity (Fitness)

Beverage Form:

Powder - Pre-Measured

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

Tree Nuts and/or Coconut

Price per Serving:** \$1.20

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.)

Fruit Punch, Lemon Lime, Blue Raspberry

Poor Choice

Rating: **63.3** points



SUPPLEMENT FACTS

Serving Size 1 Packet (5.8g)
Servings Per Container 20

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1 g	< 1%*
Vitamin C (as Ascorbic Acid)	50 mg	56%
Niacin (as Niacinamide)	2 mg	13%
Vitamin B6 (as Pyridoxine HCl)	1 mg	59%
Vitamin B12 (as Methylcobalamin)	1 mcg	42%
Calcium (from Calcium Citrate)	40 mg	3%
Magnesium (from Magnesium Bisglycinate Chelate)	30 mg	7%
Zinc (from Zinc Citrate)	2 mg	18%
Sodium (from Sodium Citrate)	230mg	10%
Potassium (from Potassium Citrate and Dipotassium Phosphate)	175 mg	4%
Taurine	1 g	**
Coconut Fruit Water Powder	500 mg	**

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

Ingredients

Citric Acid, Malic Acid, Natural & Artificial Flavors, Sucralose, Beet Root, Turmeric Root or Spirulina (Color). Contains: Tree Nuts (Coconut).

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