

# 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:

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:

Hella Nutrition

Phone: N/A

Email: [info@hellanutrition.com](mailto:info@hellanutrition.com)

<https://hellanutrition.com/products/hella-hydration>



## Hella Hydration

Description: (from Manufacturer's Website)

An Electrolyte Drink Powder that Enhances Your Ability to Maintain Fluid Balance, Includes Sodium, Potassium, Magnesium, Calcium, Chloride, and Phosphate with Trace Minerals from Himalayan Pink Salt.

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:\*\* \$1.10

3rd Party Certifications:

Non-GMO

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.)

Lava Flow

Poor Choice

Rating: **66.2** points



## Supplement Facts

Serving Size 1 Scoop (5.6g)

Servings Per Container 60

	Amount per serving	% Daily Value
Calcium (as Calcium Carbonate)	75 mg	6%
Phosphorus (as Di-Potassium Phosphate)	23 mg	2%
Magnesium (as Magnesium Carbonate)	90 mg	21%
Chloride (as Potassium Chloride, Sodium Chloride)	463 mg	20%
Sodium (as Himalayan Rock Salt, Real Salt® Sodium Chloride)	330 mg	14%
Potassium (as Potassium Chloride, Di-Potassium Phosphate)	490 mg	10%

\*Daily Value not Established

### Ingredients

Sodium, Potassium, Magnesium, Calcium, Chloride, and Phosphate with Trace Minerals from Himalayan Pink Salt.

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