

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:

PRO - Limited or No Sodium

Stimulants:

CON - Contains Stimulant(s)

Aids Recovery:

PRO - Aids Recovery

Provides Energy:

PRO - Boosts Energy

Other Functional Benefits:

CON - No Other Functional Benefits

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Manufacturer:

Huma Gel

Phone: 615-852-8238

Email: questions@humagel.com

www.humagel.com/products/original-flavors?-variant=31506686672962



Huma Energy Gel Caffeine

Description: (from Manufacturer's Website)

All Natural with Great-Tasting Flavors. Contains 25mg Caffeine.

Price per Serving:** \$2.50

3rd Party Certifications:

Vegan, Gluten Free

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.)

Chocolate, Lemonade, Café Mocha, Raspberries

Primary Application(s):

Extreme Workouts, Energy/Caffeine

Beverage Form:

Gel

Beverage Base:

N/A

Label (and Other) Warnings:

Not for Children, Do Not Use if Caffeine Sensitive, Do Not Use if Pregnant, Not for Nursing Mothers

Allergens: (Ingredient Related)

None

Not Recommended

Rating: **52.8** points



Nutrition Facts

Serving Size: 1 packet (41g)

Servings per Container: 1

Calories: **100**

		% Daily Value *
Total Fat	0.5g	1%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	105mg	5%
Total Carbohydrates	22g	8%
Fiber	2g	6%
Total Sugars	14g	
Including 13g Added Sugars		26%
Protein	1g	
Vitamin D		0%
Calcium	20mg	2%
Iron	0.16mg	2%
Potassium	35mg	1%

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

** Daily Value not Established.

Ingredients

Fruit Puree, Cane Sugar, Brown Rice Syrup, Water, Powdered Chia Seeds, Fruit Concentrate, Sea Salt, Citric Acid, Natural Caffeine. Contains 25mg Caffeine per Serving.

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