

# 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:

CON - Contains Some Artificial Flavor(s)

### Coloring:

PRO - Contains Natural Color(s)

### 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:

PRO - Aids Recovery

### Provides Energy:

PRO - Boosts Energy

### Other Functional Benefits:

PRO - Provides Endurance Support, Bolsters Immunity

**nutricost**

Manufacturer:

Nutricost

Phone: 866-438-3694

Email: [support@nutricost.com](mailto:support@nutricost.com)

[www.nutricost.com/products/nutricost-electrolyte-hydration-stick-packs](http://www.nutricost.com/products/nutricost-electrolyte-hydration-stick-packs)



## Nutricost Electrolytes

Description: (from Manufacturer's Website)

Advanced Hydration Complex - 16 Vitamins + Minerals, Zero Sugar.

Price per Serving:\*\* \$1.20

3rd Party Certifications:

Non-GMO, 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.)

Cucumber Lime, Orange Mango, Orchard Blast, Tropical Fruit Punch, Watermelon Lime, POG

Primary Application(s):

Daily Hydration, Extreme Workouts

Beverage Form:

Powder - Pre-Measured

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Acceptable

Rating: **74.6** points



## Supplement Facts

Serving Size: 1 Packet (5.4g)  
Servings Per Container: 20

Amount Per Serving	% DV*
Calories	5
Total Carbohydrate	1g <1%
Total Sugars	0g **
Includes 0g Added Sugars	0%
Vitamin C (as ascorbic acid)	180mg 200%
Niacin (as niacinamide)	25mg NE 160%
Vitamin B6 (as pyridoxine HCl)	3.5mg 210%
Vitamin B12 (as methylcobalamin)	12mcg 500%
Biotin	300mcg 1,000%
Pantothenic Acid	10mg 200%
Calcium	120mg 10%
Phosphorus	180mg 15%
Magnesium	100mg 25%
Zinc (as zinc picolinate)	5mg 45%
Selenium (as L-Selenomethionine)	20mcg 35%
Chromium (as chromium picolinate)	70mcg 200%
Molybdenum	24mcg 50%
Chloride	355mg 15%
Sodium	240mg 10%
Potassium	270mg 6%

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

### Ingredients

Citric Acid, Natural Flavors, Malic Acid (Flavor Enhancer), Stevia, Beta Carotene (for Color), Calcium Silicate, Dicalcium Phosphate.

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