



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:

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:

PRO - Limited or No Sodium

Stimulants:

PRO - Stimulant Free

Aids Recovery:

PRO - Aids Recovery

Provides Energy:

PRO - Boosts Energy

Other Functional Benefits:

PRO - Bolsters Immunity

GFUEL

ENERGY FORMULA

Manufacturer:

G Fuel, LLC/Gamma Labs

Phone: 877-426-6262

Email: info@gfuel.com

www.gfuel.com/products/thor-s-lightning-lem-onade-sparkling-hydration-single



G Fuel Sparkling Hydration

Description: (from Manufacturer's Website)

Sparkling Water Infused with Vitamins, Minerals and Antioxidants.

Primary Application(s):

Supplement

Beverage Form:

Ready to Drink

Beverage Base:

Carbonated Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Price per Serving:** \$1.87

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.)

Lightning Lemonade

Poor Choice

Rating: **65.8** points



Nutrition Facts

Serving Size 1 Bottle (503 mL)

Amount per Serving

Calories 0

% Daily Value*

Total Fat 0g 0%

Sodium 15mg 1%

Total Carbohydrate 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 0g

Vitamin D 3mcg 15% • Potassium 130mg 2%

Vitamin A 150mcg 15% • Vitamin C* 45mg 50%

Vitamin E* 5.3mg 35% • Niacin 4mg 25%

Vitamin B6 0.4mg 25% • Vitamin B12 0.6mcg 25%

Biotin 5mcg 15% • Magnesium 35mg 8%

Zinc 2.2mg 20%

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, calcium, and iron.

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Ingredients

Carbonated Water, Citric Acid, Malic Acid, Natural and Artificial Flavor, Vitamin and Amino Acid Blend (L-Tyrosine, Vitamin C (Ascorbic Acid), L-Theanine, Zinc Gluconate, Niacin (Niacinamide), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B12 (Methylcobalamin, Magnesium Citrate, Potassium Sorbate (Preservative), Potassium Citrate, Sucralose, Acesulfame Potassium, Ashwagandha Extract, Gum Arabic, Sodium Gluconate, Glycerol Ester of Wood Rosin, d-Alpha-Tocopheryl Acetate (Vitamin E), Vitamin A Palmitate, Ergocalciferol (Vitamin D), Biotin.

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