



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),

CON - Contains Stevia (Diuretic)

Glycemic Index:

NEUTRAL - Medium Glycemic Index

Sodium Content:

PRO - Limited or No Sodium

Stimulants:

PRO - Stimulant Free

Aids Recovery:

PRO - Aids Recovery

Provides Energy:

PRO - Boosts Energy

Other Functional Benefits:

CON - No Other Functional Benefits

SWORD

P E R F O R M A N C E

Manufacturer:

Sword Performance, Inc.

Phone: 800-523-4738

Email: sales@drinksword.com

www.drinksword.com/products/shield-ready-to-drink-16-9fl-oz



Shield (Drink)

Description: (from Manufacturer's Website)

Nothing Artificial, Half the Sugar, and all the Electrolytes You Need for Everyday Life.

Price per Serving:** \$1.85

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.)

Berry, Lemonade, Pineapple Mango, Orange

Primary Application(s):

Sports Activity (Fitness)

Beverage Form:

Ready to Drink

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Not Recommended

Rating: **54.8** points



Nutrition Facts

Serving size 16.9 fl oz (500ml)

Amount per serving

Calories 80

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 130mg 6%

Total Carbohydrate 20g 7%

Dietary Fiber 0g 0%

Total Sugars 20g

Includes 20g Added Sugars 40%

Protein 0g

Vitamin D 0mcg 0%

Calcium 15mg 2%

Iron 0mg 0%

Potassium 40mg 0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients

Filtered Water, Cane Sugar, Citric Acid, Salt, Natural Flavors, Potassium Citrate, Reb A (Stevia Leaf Extract).

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