



# 2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT

## USBRB Commentary (PROS/CONS):

### Hydration Capabilities:

PRO - Helps Rehydrate/Maintain Hydration

### Electrolyte Content:

PRO - Proper Amount of Electrolytes

### Electrolyte Balance:

CON - Unbalanced Electrolytes

### Flavoring:

PRO - Contains Natural 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 - Low Glycemic Index

### Sodium Content:

NEUTRAL - Moderate Sodium

### Stimulants:

PRO - Stimulant Free

### Aids Recovery:

PRO - Aids Recovery

### Provides Energy:

PRO - Boosts Energy

### Other Functional Benefits:

CON - No Other Functional Benefits

# cera

### Manufacturer:

Cera Products Inc.

Phone: 706-221-1542

Email: [customerservice@ceraproducts.us](mailto:customerservice@ceraproducts.us)

[ceraproductsinc.com/collections/cer-](https://ceraproductsinc.com/collections/cer-)

[asport/products/cer-](https://ceraproductsinc.com/collections/cer-asport/products/cer-)

[asport-ex1-big-pouch-hydration-powder](https://ceraproductsinc.com/collections/cer-asport/products/cer-asport-ex1-big-pouch-hydration-powder)



## Ceralyte EX1 Hydration

### Description: (from Manufacturer's Website)

Everyday Hydration - All Natural - No Sugar

Added - For High Intensity 3 Hour+ Events

### Primary Application(s):

Sports Activity (Fitness), Extreme Workouts

### Beverage Form:

Powder - Bulk

### Beverage Base:

Still Water

### Label (and Other) Warnings:

None

### Allergens: (Ingredient Related)

None

Price per Serving:\*\* \$1.16

### 3rd Party Certifications:

Gluten Free, Natural

### 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.)

Orange, Pomegranate

Acceptable

Rating: **77.3** points



## Nutrition Facts

Serving Size: 1 Tbsp (Yields 16.9 oz/500 mL)

Servings per Container: 19 Calories: 40

	% Daily Value *
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0g	0%
<b>Sodium</b> 400mg	16%
<b>Total Carbohydrates</b> 10g	4%
Dietary Fiber 0g	0%
<b>Total Sugars</b> 2g	
<b>Protein</b> 0g	0%
Potassium 200mg	6%

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, total sugars, added sugars, vitamin A, C & D, calcium, and iron. Percent Daily Values (DV) are based on 2,000 calorie diet.

\*Percent Daily Values are based on 2,000 calorie diet.

### Ingredients

Rice Syrup Solids, Trisodium Citrate Dihydrate, Natural Flavors And Colors, Sodium Chloride, Citric Acid, Potassium Chloride, Reb A (Natural Stevia Leaf Sweetener).

The USBRB is an Independent 3rd Party Research Company Whose Mission is to Help Consumers Make Educated, Healthy Nutritional Choices. For info visit [www.usbrb.org](https://www.usbrb.org). USBRB Data Sources Include Public Information Published by Each Company - Label Nutrition Facts; Company Website; Marketing Materials; Press Releases; Social Media. Statements Regarding Functional Ingredients Have Not Been Evaluated by the FDA or the USBRB. While Sports and Hydration Drinks Can Provide Real Benefits, They are Not Intended to Diagnose, Treat, Cure, or Prevent any Disease or Health Condition. \* Flavor/Color Criteria Addresses the Entire Range of Flavors. \*\*Product Pricing is a Market Estimate Taken at the Time of Publication. Manufacturer's Information is Subject to Change - Always Review Nutrition Facts on the Product Package for the Latest Information Before Consuming. Other Sizes and Forms May be Available - Consult the Manufacturer for the Latest Information. If You Have Any Questions Consult a Physician Before Consuming Any Product. If You are the Manufacturer of this Product (or an Authorized Agent) and You See and Errors in the Information, Please Contact us at [info@usbrb.org](mailto:info@usbrb.org).