



# 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:

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:

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



Manufacturer:  
Ener-Life

Phone: 855-674-6676

Email: [community@ener-life.com](mailto:community@ener-life.com)

[www.ener-life.com/collections/sports-mix](http://www.ener-life.com/collections/sports-mix)



## Ener-C Sport Electrolyte

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

Perfect Before, During or After Exercise to Support Muscle Function and Rehydration.

### Primary Application(s):

Sports Activity (Fitness)

### Beverage Form:

Powder - Pre-Measured

### Beverage Base:

Still Water

### Label (and Other) Warnings:

None

### Allergens: (Ingredient Related)

None

Price per Serving:\*\* \$0.92

### 3rd Party Certifications:

Non-GMO, Gluten Free, Vegan

### 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.)

Mixed Berry, Lemon Lime

Highly Recommended

Rating: **81.5** points



## Supplement Facts

Serving Size 1 Packet/Portion de 1 sachet (3.7 g)		
Amount Per Serving/Teneur par portion		% DV/VQ*
Calories/Calories	10	
Total Carbohydrate/Total des glucides	2.5 g	1%
Sugars/Sucres	2.5 g	
Vitamin C/Vitamine C (calcium ascorbate/ascorbate de calcium, zinc ascorbate/ascorbate de zinc)	250 mg	420%
Calcium/Calcium (calcium ascorbate/ascorbate de calcium, calcium citrate/citrate de calcium)	50 mg	6%
Magnesium/Magnésium (citrate/citrate)	50 mg	10%
Zinc/Zinc (ascorbate/ascorbate)	5 mg	35%
Selenium/Sélénium (citrate/citrate)	5 mcg	8%
Chromium/Chrome (ascorbate/ascorbate)	20 mcg	15%
Chloride/Chlorure (sodium chloride/chlorure de sodium, potassium chloride/chlorure de potassium)	293 mg	8%
Sodium/Sodium (sodium chloride/chlorure de sodium)	125 mg	6%
Potassium/Potassium (potassium chloride/chlorure de potassium)	110 mg	4%
Citric Acid/Acide citrique	580 mg	†
Glucose/Glucose (d-glucose/d-glucose)	800 mg	†

\*Percent Daily Values (DV) are based on a 2,000 calorie diet.  
\*Les pourcentages de valeur quotidienne (VQ) sont basés sur une alimentation de 2000 calories.  
† Daily Value not established † Valeur quotidienne non établie

### Ingredients

Natural Lemon Juice Powder, Natural Lime Juice Powder, Coconut Juice Powder, Citric Acid, Stevia Extract, Quercetin Anhydrous, Beta Carotene, Tapioca Maltodextrin, Lemon Juice Concentrate, Lemon Oil.

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