

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:

PRO - Balanced Electrolytes/RapidHydration

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:

NEUTRAL - Moderate Sodium

Stimulants:

PRO - Stimulant Free

Aids Recovery:

PRO - Aids Recovery

Provides Energy:

PRO - Boosts Energy

Other Functional Benefits:

PRO - Provides Endurance Support



Manufacturer:
ZICO Rising, Inc.

Phone: 866-729-9426

Email: info@zicorising.com

www.zico.com/products/zico-hydrate



Zico Hydrate Sports Drink

Description: (from Manufacturer's Website)

Made for Rapid Hydration with 30% Coconut Water, Added Electrolytes and Added Sugar.

Primary Application(s):

Daily Hydration, Sports Activity (Fitness), Extreme Workouts

Beverage Form:

Ready to Drink

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

Tree Nuts and/or Coconut

Price per Serving:** \$3.00

3rd Party Certifications:

Non-GMO, Dairy Free, 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.)

Fruit Punch, Coconut Lime, Tropical

Not Recommended

Rating: **59.2** points



Nutrition Facts

1 serving per container
Serving size 500ml (16.9 Fl.oz)

Amount per serving
Calories 80

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 260mg	10%
Total Carbohydrate 21g	8%
Dietary Fiber 0g	0%
Total Sugars 13g	
Includes 10g Added Sugars	20%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0mg	0%
Potassium 710mg	15%
Phosphorus 190mg	15%
Magnesium 285mg	70%

*The % Daily Value (DV) 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, Coconut Water, Cane Sugar, Citric Acid, Natural Flavors, Magnesium Citrate, Dipotassium Phosphate, Sodium Citrate, Stevia Leaf Extract. Contains: Tree Nuts (Coconut).

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