

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),

PRO - Does Not Contain Stevia (Diuretic)

Glycemic Index:

CON - High 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



Manufacturer:

Clif Bar & Company

Phone: 800-254-3227

Email: [www.clifbar.my.site.com/clifbarhelp-](http://www.clifbar.my.site.com/clifbarhelp-shop.clifbar.com/collections/bloks-energy-chews)

shop.clifbar.com/collections/bloks-energy-chews

Clif Bloks Energy Chews 3X Sodium

Description: (from Manufacturer's Website)

Quick, Chewable Energy for Athletes While Training and Racing. 3X the Sodium of the Original Version.

Primary Application(s):

Extreme Workouts

Beverage Form:

Chews/Gummies

Beverage Base:

N/A

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None



Price per Serving:** \$2.94

3rd Party Certifications:

Organic

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.)

Margarita

Not Recommended

Rating: **52.8** points



Nutrition Facts

Serving Size: 3 pieces (30g)

Servings per Container: 2

Calories: **90**

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Total Cholesterol 0g	0%
Sodium 150mg	7%
Total Carbohydrates 24g	9%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 12g Added Sugars	24%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 4mg	0%
Iron 0mg	0%
Vitamin C 0mg	0%
Potassium 18mg	0%

*Percent Daily Value is based on a 2,000 calorie diet.

** Daily Value not Established.

Ingredients

Organic Tapioca Syrup, Organic Cane Sugar, Organic Maltodextrin, Pectin, Sea Salt, Citric Acid, Natural Flavor, Potassium Citrate, Organic Sunflower Oil, Organic Carnauba Wax.

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