

# 2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT



*Manufacturer:* Coco5

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### **USBRB Commentary** (PROS/CONS):

Hydration Capabilities:

PRO - Helps Rehydrate/Maintain Hydration

Electrolyte Content:

CON - Inadequate 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).

PRO - Does Not Contain 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

# Coco5

Description: (from Manufacturer's Website)

All-Natural, Fruit-Flavored Coconut Waters That

Deliver.

### Primary Application(s):

Sports Activity (Fitness)

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:\*\* \$2.50

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.)

Orange, Pineapple, Cherry, Coconut, Limon, Passion Fruit

#### **Not Recommended**

Rating: **58.1** points



## **Nutrition Facts**

Serving Size: 1 Packet (Yields 14-16 oz) Servings per Container: 5 Calories: **120** 

	% Daily Value *
Total Fat <1g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 120mg	5%
Total Carbohydrates 16g	6%
Dietary Fiber 0g	0%
Total Sugars 14g	
Protein 0g	0%
Potassium 242mg	6%
Calcium 16mg	2%
Phosphorus	2%
Magnesium	4%
	•

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.

Ingredient

Filtered Water, Natural Young Coconut Water Concentrate, Pure Cane Sugar, Natural Coconut Flavor, Citric Acid, Sea Salt And Rebiana A.

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