

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:

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:

NEUTRAL - Moderate Sodium

Stimulants:

PRO - Stimulant Free

Aids Recovery:

PRO - Aids Recovery

Provides Energy:

PRO - Boosts Energy

Other Functional Benefits:

PRO - Bolsters Immunity



Manufacturer:

Play Hydrated

Phone: N/A

Email: hello@playhydrated.com

www.playhydrated.com/collections/all



Play Hydrated

Description: (from Manufacturer's Website)

Small and Convenient All-Natural Sports Hydration Tablets Containing Zero Sugar.

Primary Application(s):

Daily Hydration, Sports Activity (Fitness)

Beverage Form:

Tablet(s)

Beverage Base:

Effervescent

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Price per Serving:** \$1.00

3rd Party Certifications:

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.)

Lemon Lime, Strawberry, Orange, Fruit Punch

Acceptable

Rating: **71.3** points



Supplement Facts

Serving Size: 1 Tablet	Amount Per Serving	% Daily Value
Calories	10	
Vitamin C (as ascorbic acid)	18 mg	20%
Vitamin D (as cholecalciferol)	4 mcg	20%
Niacin (as niacinamide)	3.2 mg	20%
Vitamin B ₆ (as pyridoxine HCl)	0.34 mg	20%
Pantothenic acid (as D-calcium pantothenate)	1 mg	20%
Calcium (as dicalcium phosphate)	40 mg	3%
Magnesium (as magnesium oxide)	20 mg	5%
Zinc (as zinc citrate)	2.2 mg	20%
Sodium (as sodium bicarbonate and sodium carbonate)	230 mg	10%
Potassium (as potassium bicarbonate)	150 mg	3%

Ingredients

Citric Acid, Natural Flavors, L-Leucine, Hydroxypropyl Cellulose, Croscarmellose Sodium, Rebadioside A (Stevia), Silica, Canola Oil, Magnesium Stearate, Riboflavin-5-Phosphate (for Color).

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