

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),

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

truenopal®
cactus water

Manufacturer:

True Nopal Ventures LLC

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www.truenopal.com/shop-online



True Nopal Cactus Water

Description: (from Manufacturer's Website)

Cactus Water (Prickly Pear); 100% Natural, No Sodium.

Price per Serving:** \$3.29

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.)

Prickly Pear, Prickly Pear + Lime, Prickly Pear + Pineapple

Primary Application(s):

Daily Hydration

Beverage Form:

Ready to Drink

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Acceptable

Rating: **75.8** points



Nutrition Facts

Serving Size: 8 FL. OZ. (240ml)

Serving Per Container: About 2

Amount Per Serving

Calories 20 Calories from Fat 0

% Daily Value*

Total Fat 0 g 0%

Saturated Fat 0 g 0%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 0 mg 0%

Potassium 160 mg 5%

Magnesium 16 mg 4%

Total Carbohydrate 4 g 2%

Dietary Fiber 0 g 0%

Sugars 4 g

Protein 0 g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.

Ingredients

Filtered Water, Prickly Pear Cactus Concentrate, Natural Flavor.

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