



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):

MIXED - Contains Both Natural and Artificial Sweeteners, PRO - Does Not Contain Stevia

Glycemic Index:

PRO - Low 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:

PRO - Bolsters Immunity



WILDERNESS ATHLETE®

Manufacturer:

Wilderness Athlete

Phone: 800-300-1215

Email: contactus@wildernessathlete.com

<https://wildernessathlete.com/collections/nutrition/products/hydrate-recover-packets-5>



Wilderness Athlete Hydrate & Recover

Description: (from Manufacturer's Website)

Complete Electrolyte & Amino Acid Hydration Powdered Drink Mix - Refreshing and Effective, Combats Muscle Cramps and Accelerates Recovery.

Primary Application(s):

Daily Hydration, Sports Activity (Fitness)

Beverage Form:

Powder - Pre-Measured

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Price per Serving:** \$1.67

3rd Party Certifications:

None

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.)

Berry Blast, Strawberry Pomegranate, Lemon Lime, Kiwi Pineapple, Arizona Peach, Watermelon, Grape, Blue Raspberry

Acceptable

Rating: **70.3** points



SUPPLEMENT FACTS

Serving Size: 1 Packet/Scoop [14g]

Servings Per Container: 30

	Amount Per Serving	%DV*
Calories	40	
Total Carbohydrates	10g	3%
Sugars	5g	
Thiamine [HCl]	0.5mg	40%
Vitamin C [ascorbic acid]	1000mg	1110%
Magnesium [citrate]	40mg	10%
Zinc [monomethionine]	1.5mg	15%
Sodium [citrate & chloride]	100mg	3%
Potassium [citrate & chloride]	125mg	3%
BCAAs [L-leucine, L-isoleucine, L-valine]	400mg	†
L-Glutamine	400mg	†
Glycine	250mg	†
Golden Root Extract [Rhodiola rosea root]	50mg	†
Schisandra Extract [Schisandra chinensis fruit]	50mg	†
Ionic Trace Mineral Complex	5mcg	†
Coenzyme Q-10	2mg	†
L-Glutathione	50mcg	†

*Percent Daily Values (%DV) are based on 2,000 calories diet
† Daily Values not established

Ingredients

Fructose, Maltodextrin, Citric Acid, Natural Flavors, Beet Root (Color), Silicon Dioxide, Sucralose.

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