

2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT



Manufacturer:

Wilderness Athlete

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:

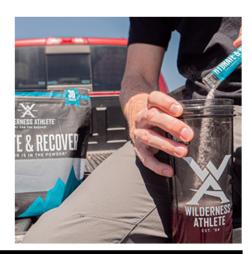
PRO - Bolsters Immunity

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https://wildernessathlete.com/collections/nutri-

tion/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:

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 [HCI]	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 & chlori	de] 125mg	3%
BCAAs [I-leucine, I-isoleucine, I-vali	400mg ne]	ţ
L-Glutamine	400mg	t
Glycine	250mg	t
Golden Root Extract [Rhodiola rosea root]	50mg	t
Schisandra Extract [Schisandra chinensis fruit	50mg	t
lonic Trace Mineral Com	plex 5mcg	t
Coenzyme Q-10	2mg	t
L-Glutathione	50mcg	t
*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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