

# 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:

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:

CON - High 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



Manufacturer:

MySpringEnergy

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Email: [contact@myspringenergy.com](mailto:contact@myspringenergy.com)

[www.myspringenergy.com/collections/all](http://www.myspringenergy.com/collections/all)



## Spring Energy Gels - 180 Calories

Description: (from Manufacturer's Website)

Created for Carb Lovers Who Want to Fuel in a Healthy Way, Without Added Sugars.

Primary Application(s):

Extreme Workouts

Beverage Form:

Gel

Beverage Base:

N/A

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Price per Serving:\*\* \$4.69

3rd Party Certifications:

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.)

Awesome Sauce

Poor Choice

Rating: **60.3** points



## Nutrition Facts

Serving Size: 1 packet (54g)

Servings per Container: 1

Calories: **180**

	% Daily Value *
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Monounsaturated Fat 0g	
Polysaturated Fat 0g	
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 85mg	1%
<b>Potassium</b> 150mg	4%
<b>Total Carbohydrates</b> 45g	14%
Dietary Fiber 2g	9%
Total Sugars 22g	
<b>Protein</b> 2g	3%
<b>Vitamin A</b> 9mcg	1%
<b>Vitamin C</b> 78mcg	87%
<b>Calcium</b> 70mg	7%
<b>Iron</b> 0mg	0%

\*Percent Daily Value in based on 2,000 calorie diet.

### Ingredients

Organic Basmati Rice, Apple Juice, Organic Apple Sauce, Yams, Maple Syrup, Organic Lemon Juice, Sea Salt, Cinnamon, Vanilla.

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