

# 2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT

## USB RB 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),

CON - Contains Stevia (Diuretic)

### Glycemic Index:

PRO - Will Not Impact Blood Sugar

### Sodium Content:

PRO - Limited or No Sodium

### Stimulants:

PRO - Stimulant Free

### Aids Recovery:

PRO - Aids Recovery

### Provides Energy:

CON - No Energy Ingredient(s)

### Other Functional Benefits:

CON - No Other Functional Benefits

# GoHydrate®

Manufacturer:

GoHydrate

Phone: N/A

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

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



## GoHydrate

Description: (from Manufacturer's Website)

5 Electrolytes for Hydration, Vitamin D for Strong and Healthy Bones.

Price per Serving:\*\* \$1.33

3rd Party Certifications:

Gluten Free

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.)

Cherry Limeade, Fruit Punch, Grape, Kiwi Strawberry, Lemon Citrus

Primary Application(s):

Daily Hydration

Beverage Form:

Powder - Pre-Measured

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Acceptable

Rating: **77.1** points



## Nutrition Facts

Servings Per Container: 30

Serving Size: 1 pack (2.6g)

Calories: **30**

	% Daily Value *
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
<b>Cholesterol</b> 0g	0%
<b>Sodium</b> 80mg	3%
<b>Total Carbohydrate</b> 2g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 0g	
<b>Vitamin D</b> 8mcg	40%
<b>Calcium</b> 37mg	2%
<b>Iron</b> 0mg	0%
<b>Potassium</b> 56mg	2%
<b>Phosphorus</b> 22mg	2%
<b>Magnesium</b> 15mg	4%

\*Percent Daily Value is based on a 2,000 calorie diet.  
\*\* Daily Value not Established.

Calories per gram:  
Fat 9 - Carbohydrate 4 - Protein 4

### Ingredients

Citric Acid, Organic Natural Flavor, Calcium Lactate, Sea Salt, Magnesium Lactate, Dipotassium Phosphate, Sodium Citrate, Organic Tapioca Maltodextrin, Stevia Leaf Extract, Turmeric (Color) and Vitamin D3 (Cholecalciferol).

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