

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:

CON - Contains Artificial Color(s)

Sugar Content:

PRO - Limited or No Sugar

Sweetener(s):

CON - Contains Only Artificial Sweetener(s),

PRO - Does Not Contain 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:

PRO - Boosts Energy

Other Functional Benefits:

CON - No Other Functional Benefits



Manufacturer:

SlimFast

Phone: 800-754-6327

Email: customercare@slimfast.com

shop.slimfast.com/products/slimfast-intermittent-fasting-energizing-hydration-mix



SlimFast Energizing Hydration Drink Mix

Description: (from Manufacturer's Website)

Crafted With Electrolytes and Caffeine, this Fruit-Flavored Supplemental Drink Mix is Designed to Help You Stay Energized and Hydrated When Mixed with Water. *It's all Without Breaking Your Fast. Contains 100mg Caffeine Per Serving.*

Primary Application(s):

Daily Hydration, Sports Activity (Fitness)

Beverage Form:

Powder - Pre-Measured

Beverage Base:

Still Water

Label (and Other) Warnings:

Not for Children, Do Not Use if Caffeine Sensitive, Do Not Use if Pregnant, Not for Nursing Mothers

Allergens: (Ingredient Related)

None

Price per Serving:** \$0.92

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 Lemonade, Fruit Punch

Poor Choice

Rating: **64.6** points



Supplement Facts

Serving Size 1 Stick Pack (4g)

Servings per container 12

Amount per serving	% Daily Value
Calories 5	
Total Carbohydrate 1g	1%*
Total Sugars 0g	
Included 0g Added Sugars	0%*
Thiamin (as thiamin hydrochloride) 1.2mg	100%
Folate (300 mcg folic acid) 400mcg	100%
Vitamin B12 (as cyanocobalamin) 2.4mcg	100%
Pantothenic acid (as calcium D-pantothenate) 5mg	
Calcium 0mg	0%
Iron 0mg	0%
Magnesium (as magnesium oxide) 42mg	10%
Sodium (as sodium chloride) 115mg	5%
Potassium (as potassium chloride) 40mg	1%

Apple Cider Vinegar 500g

Caffeine 100g

Green Tea Extract (leaf) 50g

Green Coffee Bean Extract 10g

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

Ingredients

Citric Acid, Natural Flavor, Malic Acid, Caffeine (From Coffee Bean And/or Tea), Silicon Dioxide, Calcium Silicate, Sucralose, Blue 1, Acesulfame Potassium, Calcium Phosphate. Contains 100mg Caffeine Per Serving.

The USBRB is an Independent 3rd Party Research Company Whose Mission is to Help Consumers Make Educated, Healthy Nutritional Choices. For info visit www.usbrb.org. USBRB Data Sources Include Public Information Published by Each Company - Label Nutrition Facts; Company Website; Marketing Materials; Press Releases; Social Media. Statements Regarding Functional Ingredients Have Not Been Evaluated by the FDA or the USBRB. While Sports and Hydration Drinks Can Provide Real Benefits, They are Not Intended to Diagnose, Treat, Cure, or Prevent any Disease or Health Condition. * Flavor/Color Criteria Addresses the Entire Range of Flavors. **Product Pricing is a Market Estimate Taken at the Time of Publication. Manufacturer's Information is Subject to Change - Always Review Nutrition Facts on the Product Package for the Latest Information Before Consuming. Other Sizes and Forms May be Available - Consult the Manufacturer for the Latest Information. If You Have Any Questions Consult a Physician Before Consuming Any Product. If You are the Manufacturer of this Product (or an Authorized Agent) and You See and Errors in the Information, Please Contact us at info@usbrb.org.