

# 2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT



Manufacturer:  
Engineered Nutrition

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[www.engineerednutrition.us](http://www.engineerednutrition.us)

## USBRB Commentary (PROS/CONS):

### Hydration Capabilities:

PRO - Helps Rehydrate/Maintain Hydration

### Electrolyte Content:

CON - High Amount of Electrolytes

### Electrolyte Balance:

CON - Unbalanced Electrolytes

### Flavoring:

PRO - Contains Natural Flavor(s)

### Coloring:

NEUTRAL - Doesn't Contain Any Coloring

### 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:

CON - High Sodium

### Stimulants:

PRO - Stimulant Free

### Aids Recovery:

PRO - Aids Recovery

### Provides Energy:

PRO - Boosts Energy

### Other Functional Benefits:

CON - No Other Functional Benefits

## Engineered Nutrition Hydration

Description: (from Manufacturer's Website)

Hydration Drink Mix. Trusted by the World's Best Athletes.

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:\*\* \$1.28

3rd Party Certifications:

NSF Certified, Non-GMO, Gluten Free, Vegan, Keto-Paleo Friendly, Soy Free, Kosher, Dairy

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.)

Lemonade, Mixed Berries, Peach Mango

Poor Choice

Rating: **69.5** points



## Nutrition Facts

18 servings per container

**Serving size 1 stick pack (5.6g)**

Amount Per Serving

**Calories 0**

% Daily value\*

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 600mg **26%**

**Total Carbohydrate** 0g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 0g

Vitamin D 0mcg 0%

Calcium 52mg 4%

Iron 0mg 0%

Potassium 188mg 4%

Magnesium 34mg 8%

Zinc 10mg 90%

Chloride 690mg 30%

Vitamin B<sub>6</sub> 3.1mg 180%

Vitamin B<sub>12</sub> 5mg 210%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Ingredients

Citric Acid, Sea Salt, Sodium Citrate, Malic Acid, Stevia, Magnesium Glycinate, Calcium Citrate, Potassium Citrate, Potassium Chloride, Zinc Glycinate, Vitamin B12, Vitamin B6.

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