


	 <b>HydraMax Elite by Cardiostrong</b>	 <b>Clif Electrolyte Hydration Mix</b>	 <b>CytoSport CytoMax Sports Performance Drink*</b>	 <b>Gu Ractane Energy Drink*</b>	 <b>Hammer HEED Sports Drink*</b>	 <b>Osmo Active Hydration</b>	 <b>Osmo Acute Recovery*</b>	 <b>Skratch Labs Exercise Hydration Mix</b>
Serving Size	<b>43 grams</b>	22 grams	25 grams	65 grams	29 grams	10 grams	24 grams	24 grams
Component								
<b>Electrolytes</b>								
Calcium	<b>175 mg</b>	40 mg	6 mg	X	57 mg	40 mg	250 mg	60 mg
Magnesium	<b>350 mg</b>	40 mg	14 mg	X	31 mg	20 mg	40 mg	100 mg
Dipotassium Phosphate	<b>350 mg</b>	X	X	X	X	X	X	X
Potassium Chloride	<b>350 mg</b>	50 mg	60 mg	50 mg	25 mg	50 mg	140 mg	40 mg
Sodium Bicarbonate	<b>100 mg</b>	X	X	X	X	X	X	X
Sodium Chloride	<b>250 mg</b>	250 mg	120 mg	320 mg	40 mg	160 mg	120 mg	360 mg
<b>Real Time Endurance Enhancers</b>			**	**				
L-Alanine	<b>100 mg</b>	X	X	X	X	X	X	X
L-Arginine Alpha Ketoglutarate 2:1	<b>100 mg</b>	X	X	X	X	X	X	X
Beta Alanine	<b>100 mg</b>	X	X	Contains but quantity unknown	X	X	X	X
L-Citrulline Malate 1:1	<b>100 mg</b>	X	X	X	X	X	X	X
L-Glutamine	<b>100 mg</b>	X	X	X	X	X	Contains but quantity unknown	X
L-Isoleucine	<b>100 mg</b>	X	X	Contains but quantity unknown	X	X	X	X
L-Leucine	<b>100 mg</b>	X	X	Contains but quantity unknown	X	X	X	X
L-Valine	<b>100 mg</b>	X	X	Contains but quantity unknown	X	X	X	X
<b>Vitamins</b>								
Vitamin B6	<b>2.5 mcg</b>	X	X	X	9000 mcg	34 mcg	X	X
Vitamin B12	<b>10 mcg</b>	X	X	X	X	0.168 mcg	X	X
Vitamin C	<b>250 mg</b>	X	60 mg	X	X	13.5 mg	X	31.5 mg
<b>Carbohydrates</b>					**			
Maltodextrin Long Chain Polymers	<b>1.875 grams</b>	X	Contains but quantity unknown	Contains but quantity unknown	Contains but quantity unknown	X	X	X
Sugars	<b>30 grams</b>	19 grams	12 grams	16 grams	2 grams	8 grams	5 grams	20 grams
Fructose	<b>1.15 grams</b>	Unknown	Contains but quantity unknown	Contains but quantity unknown	Unknown	X	Unknown	Unknown
<b>Sweeteners</b>	<b>Natural, Cane Sugar</b>	Natural, Cane Syrup	Stevia	Natural but type of sugar unknown	Stevia	Natural, Glucose	Sucrose	Natural, Cane Sugar and Dextrose
<b>Artificial Flavors/Colors/ Preservatives</b>	<b>X</b>	X	Contains Carmine for Color***	X	X	X	X	X
			* Contains Chromium ** Contains less than 1 gram of protein ***Carmine is made from ground up insects	* Contains Caffeine	*Contains Chromium **Contains Xylitol which has been known to cause gas, cramping and diarrhea		*Contains Protein Compare with Cardiostrong Recovery Beverage	