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Product	How to Drink	Electrolyte Content	Carbohydrate Content and Form	Additional Ingredients	Our Recommendations
Base Performance 	Place salt directly under tongue and let dissolve	Sodium: 290 mg Potassium: 2.6 mg Magnesium: 12 mg Calcium: 3 mg	This product does not contain any carbohydrates	N/A	This product is a good option for athletes who are looking to incorporate more sodium into their diets and already supplementing with carbohydrates.
BioSteel Hydration Mix 	Mix 1 scoop with 8 oz. water	Sodium: 140 mg Potassium: 30 mg Magnesium: 3 mg Calcium: 12.5 mg	1 gram	Vitamin B1, B2, B3, B5, B6, B7, B9, B12, Choline, Inositol, zinc, leucine, isoleucine, valine, glycine, glutamine, taurine, stevia leaf extract, red beet powder, sunflower lecithin, citric acid, and natural flavors	This product is a good option for athletes who are looking to incorporate more sodium into their diets and already supplementing with carbohydrates. Would not recommend this product for athletes looking to replenish carbohydrates and electrolytes during training.
Body Armor 	12 fluid ounces	Sodium: 30 mg Potassium: 350 mg	21 grams Coconut water and cane sugar	Vegetable juice concentrate, ascorbic acid (vitamin C), natural flavors, vitamin B3, B5, B6, B9, B12, vitamin E, and vitamin A	This product is low in sodium but a good source of potassium. Not recommended for athletes needing to replace electrolytes during training.
Bulk - Hydration Drink 	Mix 1 scoop (40 g) with 500 ml (16.9 fl oz.) water	Sodium: 260 mg Potassium: 77 mg Magnesium: 7.5 mg Calcium: 47 mg	35.3 grams Maltodextrin, dextrose, fructose	Instant BCAA (Soya), Electrolyte Blend (Sodium Chloride, Potassium Sulphate, Calcium Di Phosphate, Magnesium Oxide), Flavouring (Mixed Berry, Orange), Natural Colouring (Beetroot Red – Mixed Berry; Beta Carotene – Orange), Sweetener (Sucralose), Vitamin B6	This product is high in carbohydrates but lower than recommended for electrolytes. Note this product contains artificial sweeteners, for those who are sensitive.
DripDrop 	Mix 1 stick with 8 oz. of water	Sodium: 330 mg Potassium: 185 mg Magnesium: 39 mg	9 grams Sugar, fructose	Citric acid, ascorbic acid (vitamin C), fruit and vegetable juice, and sucralose	This product is a great option for athletes looking to replenish carbohydrates and electrolytes during training. Note this product contains artificial sweeteners, for those who are sensitive.
G1M Sport 	Mix 1 scoop with 15-20 oz. of water	Sodium: 350 mg Potassium: 70 mg Magnesium: 10 mg Calcium: 50 mg	20 grams Highly branched cyclic dextrin	Malic Acid, Pink Himalayan Salt, Silica, Natural Flavor, Calcium Bisglycinate Chelate (TRAACS™), Enzymatically Modified Stevia, Magnesium Bisglycinate Chelate (TRAACS™), Potassium Chloride, Monk Fruit Extract, Pyridoxine HCl	This product is a good option for athletes looking to replenish carbohydrates and electrolytes during training.
Gatorade Thirst Quencher 	Per 16.9 fl oz.	Sodium: 230 mg Potassium: 60 mg	30 grams Sugar	Citric acid and natural flavors	We recommend this product, as it provides sufficient fluids, electrolytes, and carbohydrates.
Gatorlytes 	Mix 1 pouch with 20 oz. of water	Sodium: 780 mg Potassium: 400 mg Magnesium: 40 mg Calcium: 80 mg	This product does not contain any carbohydrates	N/A	This product is a great option for athletes looking to replenish electrolytes during training and are supplementing with carbohydrates from other sources. This is also a good option for salty sweaters.
GoHydrate 	Mix 1 stick with 16 - 20 oz. of water	Sodium: 80 mg Potassium: 56 mg Magnesium: 15 mg Calcium: 37 mg	22 grams Organic tapioca maltodextrin	Citric acid, natural flavors, fruit and vegetable juice (for color), stevia extract, and vitamin D	This product has a low electrolyte content. There are better options for athletes looking to replenish electrolytes and carbohydrates during training.

HiLyte		Add 1/2 tsp to 32 oz. of water	Sodium: 125 mg Potassium: 150 mg Magnesium: 45 mg	This product does not contain any carbohydrates	N/A	We do not recommend this product for electrolyte replenishment during training, but it may be a good option for those looking to incorporate more electrolytes into their diet.
Hydrant		Mix with 8-16 oz of cold water	Sodium: 110 mg Potassium: 111 mg Magnesium: 23 mg Calcium: 10 mg	5 grams Cane sugar, blood orange juice powder	Citric acid, natural flavors, zinc gluconate	We do not recommend this product for electrolyte replenishment during training, but it may be a good option for those looking to incorporate more electrolytes into their diet.
Klean Hydration		Mix 1 scoop into 8 oz. of water	Sodium: 180 mg Potassium: 70 mg Magnesium: 25 mg Calcium: 35 mg	16 grams Sucrose, highly branched cyclic dextrin, dextrose, and fructose	N/A	We recommend this product, as it provides sufficient fluids, electrolytes, and carbohydrates.
Ladder Hydration		Mix 1 scoop with 16 oz. water	Sodium: 430 mg Potassium: 200 mg Magnesium: 160 mg Calcium: 320 mg	15 grams Dextrose	Citric acid, natural flavors, steviol glycosides, and spirulina	This product is a good option for salty sweaters looking to replenish carbohydrates and electrolytes during training.
Liquid IV		Mix 1 packet with 16 oz. of water	Sodium: 500 mg Potassium: 380 mg	11 grams Sucrose	Stevia leaf, vitamin C, vitamin B3, B5, B6, and B12, and natural flavors	We recommend this product, and it is a good option for salty sweaters.
LMNT		Mix 1 packet with 16 oz. of water	Sodium: 1000 mg Potassium: 200 mg Magnesium: 60 mg	2 grams	Citric acid, stevia leaf extract, and natural flavors	This product is a great option for salty sweaters who are already supplementing with carbohydrates.
Mantra Labs Go		Mix 1 packet with 12 - 24 oz. of water	Sodium: 100 mg Potassium: 200 mg Magnesium: 10 mg Calcium: 120 mg	This product does not contain any carbohydrates	Vitamin B1, B2, B3, B5, B6, B9, Biotin, mantra super hydration blend (aquamin, deep ocean minerals magnesium), Mantra energy blend (100 mg caffeine, 50 mg actign panax, and 25 mg oceanix marine phytoplankton). Other ingredients include citric acid, natural flavors, malic acid, silica, beet root, reb. A, and monk fruit	We do not recommend this product for athletes looking to replenish electrolytes during training.
Nuun Endurance		Mix 1 scoop/pack with 16. oz of water	Sodium: 380 mg Potassium: 200 mg Magnesium: 20 mg Calcium: 15 mg	15 grams Cane sugar and dextrose	Citric acid and natural flavors	We recommend this product for athletes training over one hour to replenish carbohydrates and electrolytes.
Nuun Sport		Mix with 16 oz. of water	Sodium: 300 mg Potassium: 150 mg Magnesium: 25 mg Calcium: 15 mg	4 grams Dextrose	Citric acid, natural flavors, stevia leaf extract, avocado oil, beet powder, vitamin B2	This product is a great option for athletes looking to replenish electrolytes during training and are supplementing with carbohydrates from other sources.
Redmond Relyte		Mix 1 scoop with 16 oz. water	Sodium: 1000 mg Potassium: 500 mg Magnesium: 60 mg Calcium: 75 mg	This product does not contain any carbohydrates	100 mg coconut water powder, GMO-free citric acid, natural watermelon, lemon and lime flavors, stevia leaf extract	This product is a good option for heavy sweaters who are already supplementing with carbohydrates. Note for athletes who are drug-tested, this product does not carry third-party certification.
Salt Stick		2 tablets	Sodium: 100 mg Potassium: 30 mg Magnesium: 6 mg Calcium: 10 mg	2 grams Dextrates, dextrose	stearic acid, natural watermelon flavor, crospovidone, silica, Reb A	We would not recommend this product for athletes to replenish electrolytes during training. See base salts above as better option.

Skratch 	Mix 1 scoop with 12-16 oz. of water	Sodium: 380 mg Potassium: 39 mg Magnesium: 39 mg Calcium: 44.3 mg	21 grams Cane sugar, dextrose	Citric acid, lemon oil, lime oil, lemon juice, lime juice, ascorbic acid (vitamin C)	This product contains an adequate amount of sodium and carbohydrates but is low in potassium.
Tailwind 	Mix 1 scoop with 16 oz. water	Sodium: 303 mg Potassium: 88 mg Magnesium: 14 mg Calcium: 26 mg	25 grams Dextrose, sucrose	Organic flavor	We recommend this product, as it provides sufficient fluids, electrolytes, and carbohydrates.
TB12 Electrolytes 	Mix 1 stick with 16 oz. of water	Sodium: 120 mg Chloride: 125 mg Potassium: 125 mg Magnesium: 40 mg	1 gram Dextrose	Citric acid, natural flavor, silicon dioxide, stevia leaf extract, monk fruit extract, sea mineral concentrate powder	This product is low in electrolytes and carbohydrates, so we would not recommend this product for athletes during training. Would be a good option for individuals looking to incorporate more electrolytes into their daily routine.
The Right Stuff 	Mix 1 packet with 16 oz. of water	Sodium: 1780 mg Chloride: 1379 mg (sodium citrate, sodium chloride, sodium benzoate)	This product does not contain any carbohydrates	Filtered water, citric acid, sucralose, and natural flavors	This is a great option for heavy and salty sweaters. This does contain artificial sweeteners, for those who are sensitive.
Thorne Catalyte 	Mix 1 scoop with 12 oz. of water	Sodium: 485 mg Chloride: 80 mg Potassium: 96 mg Magnesium: 40 mg Calcium: 80 mg	5 grams Tapioca maltodextrin	Vitamin C, B1, B2, B5, B6, B9, B12, chromium, taurine, citric acid, flavors, silicon dioxide, stevia leaf extract, Reb A	This product is low in carbohydrates, but is a good option for those who are looking to replenish electrolytes and are obtaining carbohydrates from other sources.
Ultima 	Mix 1 scoop with 16 oz. of water	Sodium: 55 mg Chloride: 78 mg Potassium: 250 mg Magnesium: 100 mg Calcium: 65 mg	This product does not contain any carbohydrates	Citric acid, natural flavors, Reb A, and beta carotene (for color)	We would not recommend this product for athletes during training
Vegasport Hydrator 	Mix 1 scoop with 16 oz. of water	Sodium: 230 mg Potassium: 115 mg Magnesium: 20 mg Calcium: 50 mg	This product does not contain any carbohydrates	60 mg vitamin C (acerola cherry extract), coconut water powder, citric acid, stevia leaf extract, organic beet root powder (for color)	This product is a good option for athletes looking to replenish electrolytes during training and are supplementing with carbohydrates from other sources.
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