Grocery Store							
Brand	**Cost**	**Servings**	**Cost per Serv**	**Kcals**	**CHO g**	**Added Sugars g**	**Added tsp.**
trace minerals	$19.99 /90 tabs	15	(6 tabs) $1.33	15	2 g	no	none
trace minerals-PowerPak	$17.99	30 packets	$0.59	15	4 g	1 g	none
LADDER Hydration	$49.99	30 packets	$1.66	70	18 g	16g	3 tsp.
AMPED HYDRA-CHARGE	$24.99	20 pkts	$1.25	5	1 g	no	none
BODYTECH Electrolyte Fizz	$14.99	32 pkts	$0.49	20	4 g	3 g	1/2 tsp.
Nuun-Sport for Exercise	$46.99	10 pkts	$4.69				none
RedCon1 Canteen	$29.99	30 scoops	$0.99	20	5 g	5 g	1 tsp.
ONNIT Hydratech	$59.97	30 pkts	$1.99	35	8 g	7 g	1.5 tsp.
BIOSTEEL Hydration Mix	$9.99	45 scoops	$0.22	5	1 g	no	none
TONE IT UP Protein Cookie	$24.75	10 bars	$2.47	190	18 g	5 g	1 tsp.
Gatorade-Thirst Quencher	$4.65	20 fl oz.	$4.65	147	36g	33g	6.5 tsp.
Gaterade Zero	$.71-$1.06	20 fl oz.	$.71-$1.06	6	0	0	none
Propel	$4.49	6 pkts	$0.75	0	0	0	none
STUR Hydration+Antioxidants	$2.21	8 pkts	$0.28	5	2 g	0	none
BODYARMOR Edge-hydration Caffeine	$1.79/bottle	1 bottle	$1.79	180	45 g	44 g	8.8 tsp.
Coconut Water	$4.99	8 oz. bottle	$4.99	90	22 g	no	none
Powerade	$1.08	2.5/ bottle	$0.43	80	21 g	21 g	4 tsp.
Online Professional products							
Xymogen ATP Ignite Workout	$61.19	30 servings	$2.03	25	5 g	no	none
Thorne Research Catalyte	$22.00	30 servings	$0.73	20	5 g	3 g	1/2 tsp.

Sodium mg	**Potassium mg**	**Magnesium mg**	**Calcium mg**	**Vit C mg**	**Caffeine mg**	**Other nutrients**	**Recommended**
270 mg	575 mg	250 mg			no	yes	yes
75 mg	200 mg	100 mg	60 mg	1200 mg	no	yes	no
370 mg	185 mg	150 mg	310 mg		no	no	yes
115 mg	107 mg	15 mg	37 mg		200 mg	yes	yes
175 mg	200 mg	100 mg	60 mg	1200 mg	no	yes	yes
					no	no	
170 mg	400 mg	30 mg		40 mg	no	yes	no
260 mg	260 mg	25 mg	130 mg		no	no	yes
140 mg	33 mg	5 mg	18 mg		no	yes	yes
230 mg	120 mg	0	30 mg		no	Pro, FAT	yes
306 mg	135 mg				no		yes-diluted
270mg	84mg	-	-	-	no	no	yes
210 mg	70 mg			24 mg	no	yes	yes
230 g	130 mg	-	-	135 mg	no	yes	yes
50 mg	880 mg	90 mg		79 mg	100 mg	yes	no
70 mg	940 mg				no	no	no
150mg	40 mg	0 mg	no	no	no	yes	no- high sugar
					no		
135 mg	215 mg	150 mg			yes	yes	yes
240mg	80 mg	40 mg	80 mg		no	yes	yes