



~ Osmolality Results ~

Product	Result	Units	Min. Reporting Limit	Method
Hammer Gel				
Apple-Cinnamon	512 (1:2 dilution)*	mOsm/kg	0	USP<785>
Banana	460 (1:2 dilution)*	mOsm/kg	0	USP<785>
Chocolate	640 (1:2 dilution)*	mOsm/kg	0	USP<785>
Espresso	723 (1:2 dilution)*	mOsm/kg	0	USP<785>
Huckleberry	511 (1:2 dilution)*	mOsm/kg	0	USP<785>
Nocciola	671 (1:2 dilution)*	mOsm/kg	0	USP<785>
Orange	572 (1:2 dilution)*	mOsm/kg	0	USP<785>
Peanut Butter	755 (1:2 dilution)*	mOsm/kg	0	USP<785>
P. Butter-Chocolate	726 (1:2 dilution)*	mOsm/kg	0	USP<785>
Raspberry	482 (1:2 dilution)*	mOsm/kg	0	USP<785>
Tropical	519 (1:2 dilution)*	mOsm/kg	0	USP<785>
Vanilla	473 (1:2 dilution)*	mOsm/kg	0	USP<785>



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HEED (Powder in 20 fl. oz. water)				
Lemon-Lime	73	mOsm/kg	0	USP<785>
Mandarin Orange	60	mOsm/kg	0	USP<785>
Melon	82	mOsm/kg	0	USP<785>
Strawberry	88	mOsm/kg	0	USP<785>



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Product	Result	Units	Min. Reporting Limit	Method
Recoverite (Powder in 12 fl. oz. water)				
Orange-Vanilla	173	mOsm/kg	0	USP<785>
Chocolate	160	mOsm/kg	0	USP<785>
Strawberry	160	mOsm/kg	0	USP<785>
Vanilla	170	mOsm/kg	0	USP<785>