

## Hydration Supplement Cost Chart

Brand	Quarts	Cost	Cost per Quart	PCT Cost*
Osmo jar	10	\$19.99	\$2.00	\$599.70
Skratch jar	10	\$15.60	\$1.56	\$468.00
SOS packs	5	\$17.50	\$3.50	\$1050.00
NUUN tab	24	\$24.00	\$1.00	\$300.00
Nuun Natural tabs	24	\$23.85	\$0.99	\$298.13
*1 Camelbak Elixir Tab	9	\$10.00	\$1.11	\$333.33
*2 Camelbak Elixir Tab	6	\$10.00	\$1.67	\$500.00
*3 Camelbak Elixir Tab	12	\$10.00	\$0.83	\$250.00
Gatorade Powder	24	<b>\$8.38</b>	<b>\$0.35</b>	\$104.75

\* PCT Cost = 30 days per month x 5 months x cost per quart x 2 quarts per day

Camelbak Tabs are designed for 24 oz of water, and do not easily divide into quarts/ liters.

\*1 is a straight mathematical comparison

\*2 is strong mix comparison, 1.5 tabs, enough for 36 oz in 32 oz of water.

\*3 is a weak mix, 1 tab, enough for 24 oz in 32 oz of water.

[http://osmonutrition.com/store/products.html?products=active\\_hydration](http://osmonutrition.com/store/products.html?products=active_hydration)

<http://www.skratchlabs.com/collections/drinks>

<http://www.sosrehydrate.com>

<http://shop.nuun.com/nuun-active-hydration>

<http://shop.nuun.com/u-natural-hydration>

<http://shop.camelbak.com/store/landingdrinks.aspx?rec=1>

<http://www.walmart.com/ip/Gatorade-Thirst-Quencher-Lemon-Lime-Sports-Drink-51-oz/10450687>