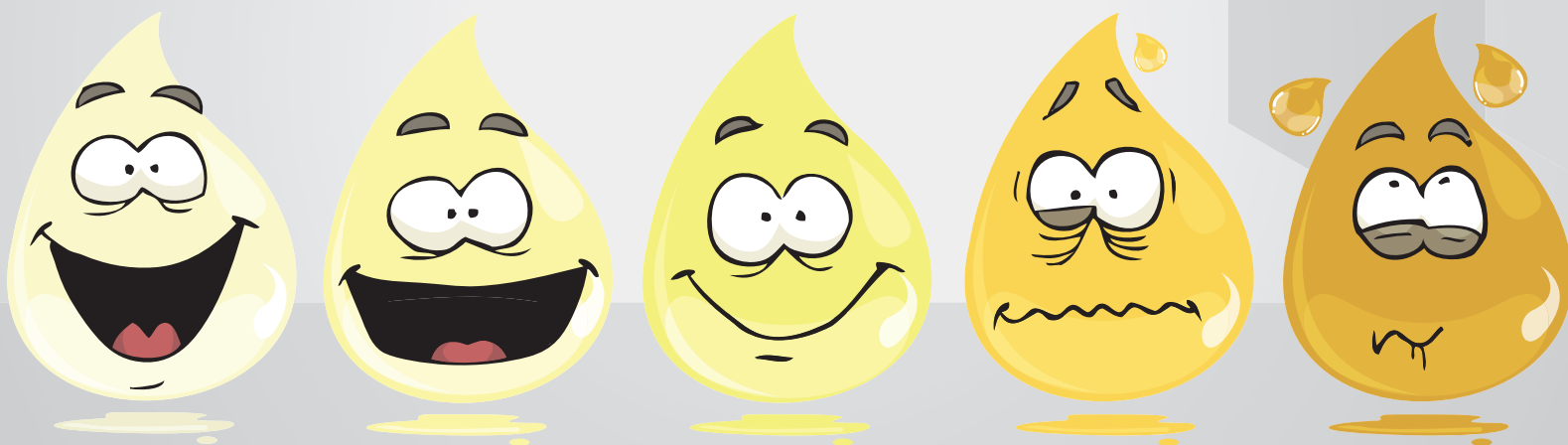


HYDRATION MATTERS

WHEN YOU SWEAT, YOU LOSE FLUIDS AND ELECTROLYTES. **BE A WINNER: REPLACE THEM.**



If your urine is pale yellow, that's a sign of proper hydration. If it's dark, you need more fluids.

Why does hydration matter? It's simple: When athletes sweat, they lose fluids and electrolytes, which can lead to dehydration. Dehydration can negatively affect performance.

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