THE HYDRATION CONTINUUM

HYDRATION SOLUTIONS FOR EVERY OCCASION

PROPEL® Electrolyte Water

Ideal for shorter-duration training that is low-to-moderate in intensity
Consume with an alternate source of carbohydrate if using during longer-duration activity
Helps maintain fluid balance
Electrolytes to help replace what you sweat out

GATORADE® G Zero

Scientifically formulated for rapid rehydration and has a 5-electrolyte blend to help quickly replace fluids and electrolytes lost in sweat
Contains less sugar and no artificial sweeteners or flavors
Focused hydration when athletes get carbs from other sources

GATORADE® FIT™

Ideal for shorter-duration training that is low-to-moderate in intensity
Consume with an alternate source of carbohydrate if using during longer-duration activity
Helps maintain fluid balance
Electrolytes to help replace what you sweat out

GATORADE® G2® Lower Sugar

For the active consumer looking for healthy real hydration
Contains no added sugar, artificial flavors or sweeteners and no added colors
Delivers 100% of the daily value of vitamins A and C, as well as electrolytes from Watermelon and Sea Salt

GATORADE® Gatorlyte®

Ideal for longer-duration, moderate/high-intensity training/competition
Carbs to fuel working muscles
Electrolytes to help replace what you sweat out

GATORADE® Thirst Quencher

Hydrates & fuels during longer-duration activity
Supports replacement of significant electrolyte loss that occurs during prolonged events (1.5–2+ hours)
Refuels with a 2:1 blend of glucose to fructose to reduce the risk of GI distress at higher intake levels

GATORADE® Endurance Formula

Ideal for longer-duration, moderate/high-intensity training/competition
Carbs to fuel working muscles
Electrolytes to help replace what you sweat out

GTQ / G2 / G ZERO:
Gatorade products meet (2007) ACSM fluid replacement beverage guidelines for potassium (2-5 mEq/L), sodium (20-30 mEq/L).

G ENDURANCE FORMULA: The Gatorade Endurance Formula (EF) is designed to meet the additional electrolyte losses associated with endurance events and to support carbohydrate intake up to 90 g/h for events lasting >2.5 hours.

*12-oz serving size

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