



THE HYDRATION PORTFOLIO

HYDRATION SOLUTIONS FOR EVERY OCCASION



GATORADE™
Water



GATORADE®
G Zero



GATORADE
FIT®



GATORADE
GATORLYTE® Zero



GATORADE®
Hydration Booster



GATORADE
GATORLYTE®



GATORADE®
Thirst Quencher



GATORADE®
Endurance Formula

HYDRATION
Lighter/Less Intense Activity (<60min)

HYDRATION + FUEL
Higher Intensity/Longer Duration (>60min)

GATORADE™ Water		GATORADE® G Zero		GATORADE FIT®		GATORADE GATORLYTE® Zero		GATORADE® Hydration Booster		GATORADE GATORLYTE®		GATORADE® Thirst Quencher		GATORADE® Endurance Formula	
0	0	0	0	2	8	2	6	5	18	8	30	22	80	22	90
CARBS (G)*	CALORIES*	CARBS (G)*	CALORIES*	CARBS (G)*	CALORIES*	CARBS (G)*	CALORIES*	CARBS (G)*	CALORIES*	CARBS (G)*	CALORIES*	CARBS (G)*	CALORIES*	CARBS (G)*	CALORIES*
30	0	160	45	163	43	294	210	180	60	294	210	160	50	310	140
SODIUM (MG)*	POTASSIUM (MG)*	SODIUM (MG)*	POTASSIUM (MG)*	SODIUM (MG)*	POTASSIUM (MG)*	SODIUM (MG)*	POTASSIUM (MG)*	SODIUM (MG)*	POTASSIUM (MG)*	SODIUM (MG)*	POTASSIUM (MG)*	SODIUM (MG)*	POTASSIUM (MG)*	SODIUM (MG)*	POTASSIUM (MG)*

PURPOSE

- ▶ Unflavored water for all athletes on and off the field
- ▶ Electrolyte infused for great taste
- ▶ Alkaline (pH of 7.5 or higher)
- ▶ Filtered with a 7-step enhanced filtration process

PURPOSE

- ▶ 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 lose in sweat

PURPOSE

- ▶ For the active consumer looking for vitamin packed hydration
- ▶ Contains no added sugar, artificial flavors or sweeteners and no added colors
- ▶ Delivers 100% of the daily value of vitamins A/C/B3/B5/B6 as well as electrolytes from watermelon & sea salt

PURPOSE

- ▶ Zero sugar rehydration
- ▶ Scientifically formulated for rapid rehydration and has a 5-electrolyte blend to help quickly replace fluids and electrolytes lost in sweat

PURPOSE

- ▶ Specifically created to be an all day, always on hydration solution
- ▶ Developed with an advanced blend of electrolytes from watermelon and sea salt
- ▶ Contains essential vitamins A, B3, B5, B6, C
- ▶ Lower sugar, calories and sodium
- ▶ NO artificial sweeteners, flavors or added colors

PURPOSE

- ▶ Scientifically formulated for rapid rehydration and has a 5-electrolyte blend to help quickly replace fluids and electrolytes lost in sweat
- ▶ Contains lower sugar (60% lower than leading sports drink) and no artificial sweeteners or flavors

PURPOSE

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

PURPOSE

- ▶ 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

GTO / 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.

*May vary slightly by flavor.

***12-oz serving size**



Gatorade Sports Science Institute