

THE HYDRATION CONTINUUM

# HYDRATION SOLUTIONS FOR EVERY OCCASION



**GATORADE™**  
Water



**GATORADE®**  
G Zero



**GATORADE**  
**GATORLYTE® Zero**



**GATORADE®**  
Hydration Booster



**GATORADE**  
**GATORLYTE®**



**GATORADE®**  
Thirst Quencher

**HYDRATION**  
Lighter/Less Intense Activity (<60min)

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

0 CARBS (G)\*  
0 CALORIES\*  
30 SODIUM (MG)\*  
0 POTASSIUM (MG)\*

0 CARBS (G)\*  
0 CALORIES\*  
160 SODIUM (MG)\*  
45 POTASSIUM (MG)\*

2 CARBS (G)\*  
6 CALORIES\*  
294 SODIUM (MG)\*  
210 POTASSIUM (MG)\*

5 CARBS (G)\*  
18 CALORIES\*  
180 SODIUM (MG)\*  
60 POTASSIUM (MG)\*

8 CARBS (G)\*  
30 CALORIES\*  
294 SODIUM (MG)\*  
210 POTASSIUM (MG)\*

22 CARBS (G)\*  
80 CALORIES\*  
160 SODIUM (MG)\*  
50 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**

- ▶ 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 & 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

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

\*12-oz serving size. May vary slightly by flavor.

\*\*60% Lower sugar than leading sports drink. Total sugars per 20-oz: Gatorlyte 12g; leading sports drink 34g.

BACKED BY **GSSI**  
Gatorade Sports Science Institute