

THE HYDRATION CONTINUUM

# HYDRATION SOLUTIONS FOR EVERY OCCASION



**GATORADE™**  
Water

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

**PURPOSE**

- ▶ Unflavored hydration for all-day hydration needs
- ▶ Electrolyte infused for great taste
- ▶ Alkaline (pH of 7.5 or higher)
- ▶ Filtered with a 7-step enhanced filtration process
- ▶ Zero calories



**PROPEL™**  
Fitness Water

**0** CARBS (G)\*    **0** CALORIES\*  
**270** SODIUM (MG)\*    **70** POTASSIUM (MG)\*

**PURPOSE**

- ▶ Contains GATORADE electrolytes to help replace what's lost in sweat
- ▶ Contains essential vitamins B3, B5, B6, C, & E
- ▶ Zero sugar
- ▶ Zero calories



**GATORADE®**  
G Zero

**<1-2** CARBS (G)\*    **5-10** CALORIES\*  
**270** SODIUM (MG)\*    **80** POTASSIUM (MG)\*

**PURPOSE**

- ▶ Hydrates Better than Water
- ▶ #1 Proven Electrolyte Blend
- ▶ Contains GATORADE electrolytes to help replace what's lost in sweat



**GATORLYTE®**  
Zero

**<1-3** CARBS (G)\*    **10-15** CALORIES\*  
**490** SODIUM (MG)\*    **350** POTASSIUM (MG)\*

**PURPOSE**

- ▶ Hydrates Better than Water
- ▶ Scientifically formulated to help replace what's lost in sweat
- ▶ Specialized 5-electrolyte blend (Sodium, Potassium, Chloride, Magnesium, Calcium)
- ▶ No artificial sweeteners or flavors



**GATORADE®**  
Lower Sugar

**8** CARBS (G)\*    **35** CALORIES\*  
**270** SODIUM (MG)\*    **80** POTASSIUM (MG)\*

**PURPOSE**

- ▶ Hydrates Better than Water
- ▶ No artificial flavors, sweeteners, or colors
- ▶ Has 75% less sugar than GATORADE Thirst Quencher
- ▶ #1 Proven Electrolyte Blend
- ▶ Contains GATORADE electrolytes to help replace what's lost in sweat



**GATORLYTE®**

**12-15** CARBS (G)\*    **50-60** CALORIES\*  
**490** SODIUM (MG)\*    **350** POTASSIUM (MG)\*

**PURPOSE**

- ▶ Hydrates Faster than Water
- ▶ Scientifically formulated for rapid rehydration to help quickly replace what's lost in sweat
- ▶ Specialized 5-electrolyte blend (Sodium, Potassium, Chloride, Magnesium, Calcium)
- ▶ No artificial sweeteners or flavors



**GATORADE®**  
Thirst Quencher

**36** CARBS (G)\*    **140** CALORIES\*  
**270** SODIUM (MG)\*    **80** POTASSIUM (MG)\*

**PURPOSE**

- ▶ Hydrates Better than Water
- ▶ #1 Proven Electrolyte Blend
- ▶ Contains GATORADE electrolytes to help replace what's lost in sweat
- ▶ Provides carbohydrate energy to help fuel working muscles during exercise
- ▶ Ideal for longer duration, moderate-high intensity training and competition

GTQ/G Zero: Formulated to align with the ACSM (2007) recommended ranges for sodium (20-30mEq/L) and potassium (2-5mEq/L) in fluid replacement beverages.  
\*20-oz serving size. Composition varies based on flavor.

