


THE HYDRATION CONTINUUM


HYDRATION SOLUTIONS FOR EVERY OCCASION




GATORADE™
Water



GATORADE®
G Zero




GATORADE
FIT®



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	0
CARBS (G)*	CALORIES*
30	0
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

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

- 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

2	8
CARBS (G)*	CALORIES*
163	43
SODIUM (MG)*	POTASSIUM (MG)*

- 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/B3/B5/B6/C as well as electrolytes from watermelon & sea salt

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

- 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

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

- 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

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

- 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

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

- 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.

