

THE HYDRATION CONTINUUM

HYDRATION SOLUTIONS FOR EVERY OCCASION



PROPEL®
Electrolyte Water



GATORADE®
G Zero



GATORADE
FIT™



GATORADE
G2® Lower Sugar



GATORADE
Gatorlyte®



GATORADE®
Thirst Quencher



GATORADE®
Endurance Formula

HYDRATION
Lighter/Less Intense Activity (<60min)

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

0	0
CARBS (G)*	CALORIES*
160	40
SODIUM (MG)*	POTASSIUM (MG)*

0	0
CARBS (G)*	CALORIES*
160	40
SODIUM (MG)*	POTASSIUM (MG)*

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

8	30
CARBS (G)*	CALORIES*
160	45
SODIUM (MG)*	POTASSIUM (MG)*

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

21	80
CARBS (G)*	CALORIES*
160	45
SODIUM (MG)*	POTASSIUM (MG)*

22	90
CARBS (G)*	CALORIES*
310	140
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 sweat out

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PURPOSE

- ▶ 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

PURPOSE

- ▶ Ideal for shorter-duration, low/moderate-intensity training/competition
- ▶ Electrolytes to help replace what you sweat out
- ▶ Lower sugar option for athletes with high fluid needs

PURPOSE

- ▶ 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

PURPOSE

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

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

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