

THE POWDER PORTFOLIO

MIX IT UP, MIX IT IN: SOLUTIONS BY GATORADE



Zero Sugar
PROPEL®

0 CARBS (G) **0** CALORIES

70 POTASSIUM (MG) **210** SODIUM (MG)

1 packet serving size

PURPOSE

- ▶ Contains Gatorade Electrolytes to help replace what you lose in sweat
- ▶ Excellent source of B vitamins and antioxidant vitamins C and E
- ▶ No sugar and 0 calories
- ▶ Made with no artificial flavors or added colors



200 MG OF CAFFEINE

Gatorade®
FAST TWITCH

1 CARBS (G) **5** CALORIES

50 POTASSIUM (MG) **160** SODIUM (MG)

1 packet serving size

PURPOSE

- ▶ 200mg of caffeine to focus the mind and power the body
- ▶ Sodium and potassium electrolytes
- ▶ 100% daily value of vitamins B6 and B12
- ▶ Zero sugar
- ▶ No artificial flavors or colors



Gatorade®
G ZERO

2 CARBS (G) **5** CALORIES

70 POTASSIUM (MG) **240** SODIUM (MG)

1 packet serving size

PURPOSE

- ▶ Supplies the body with electrolytes to help replenish the potassium and sodium lost in sweat
- ▶ Zero sugar
- ▶ Low calories



Gatorade®
HYDRATION BOOSTER

8 CARBS (G) **30** CALORIES

100 POTASSIUM (MG) **300** SODIUM (MG)

1 packet serving size

PURPOSE

- ▶ Features an advanced blend of electrolytes for all day hydration
- ▶ Electrolytes from watermelon, sea salt, as well as other sodium and potassium salts
- ▶ Contains 100% daily value of essential vitamins A, C, B3, B5, B6
- ▶ Made with no artificial sweeteners, flavors, or added colors



Gatorade®
GATORLYTE

12 CARBS (G) **45** CALORIES

300 POTASSIUM (MG) **420** SODIUM (MG)

1 packet serving size

PURPOSE

- ▶ Scientifically formulated for rapid rehydration and has a specialized blend of 5-electrolytes to help quickly replace fluids and electrolytes lost in sweat
- ▶ Contains lower sugar (60% lower than leading sports drink)
- ▶ Made with natural sweeteners and flavors



Gatorade®
THIRST QUENCHER

34 CARBS (G) **130** CALORIES

70 POTASSIUM (MG) **230** SODIUM (MG)

1 packet serving size

PURPOSE

- ▶ Ideal for longer-duration, moderate/high-intensity training/competition
- ▶ Carbohydrate energy to help refuel working muscles
- ▶ Helps replenish your body with electrolytes you sweat out



Gatorade®
ENDURANCE

23 CARBS (G) **90** CALORIES

140 POTASSIUM (MG) **310** SODIUM (MG)

1 packet serving size

PURPOSE

- ▶ Refuels your body with carbohydrate energy during training and competition
- ▶ Replenishes electrolytes lost during training and competition
- ▶ Contains nearly 2x sodium and 3x potassium than the traditional Thirst Quencher bottle
- ▶ Formulated for endurance athletes

BACKED BY SCIENCE

GTQ / 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.



Gatorade Sports Science Institute