

# THE POWDER PORTFOLIO ON-THE-GO SOLUTIONS BY GATORADE®



## PROPEL® Fitness

<1 CARBS (G)    5 CALORIES

80 POTASSIUM (MG)    260 SODIUM (MG)

1 stick [20 fl oz of water]

### PURPOSE

- ▶ Zero sugar hydration
- ▶ Contains GATORADE electrolytes to help replace what's lost in sweat
- ▶ Essential vitamins B3, B5, B6, B12, C, and E
- ▶ No artificial flavors or added colors



## PROPEL® Immune Support

<1-1 CARBS (G)    5 CALORIES

80 POTASSIUM (MG)    240 SODIUM (MG)

1 stick [20 fl oz of water]

### PURPOSE

- ▶ Each serving provides 100% daily value of vitamin C
- ▶ Essential vitamins B3, B5, B6, B12, C, and E
- ▶ Contains vitamin C & Zinc to help support a healthy immune system
- ▶ Contains GATORADE electrolytes to help replace what's lost in sweat
- ▶ Zero sugar
- ▶ No artificial flavors or added colors



## PROPEL® Energy Boost

0 CARBS (G)    0 CALORIES

80 POTASSIUM (MG)    270 SODIUM (MG)

1 stick [12 fl oz of water]

### PURPOSE

- ▶ 118 mg of caffeine for a mental boost\*
  - ▶ Contains GATORADE electrolytes to help replace what's lost in sweat
  - ▶ Excellent source of vitamins B3, B5, B6, B12, C, and E
  - ▶ Zero sugar
  - ▶ No artificial flavors or added colors
- \*118mg of caffeine per serving has been shown to help support attention at rest



## GATORADE® G Zero

1-2 CARBS (G)    10 CALORIES

80 POTASSIUM (MG)    270 SODIUM (MG)

1 stick [20 fl oz of water]

### PURPOSE

- ▶ Zero sugar hydration
- ▶ No artificial flavors or added colors
- ▶ Contains GATORADE electrolytes to help replace what's lost in sweat



## GATORLYTE®

12 CARBS (G)    45 CALORIES

300 POTASSIUM (MG)    420 SODIUM (MG)

1 stick [16.9 fl oz of water]

### PURPOSE

- ▶ 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 and no added colors



## GATORADE® Thirst Quencher

32-33 CARBS (G)    130 CALORIES

70 POTASSIUM (MG)    230 SODIUM (MG)

1 stick [20 fl oz of water]

### PURPOSE

- ▶ Provides carbohydrate energy to help fuel working muscles during exercise
- ▶ Ideal for longer duration, moderate-high intensity training and competition
- ▶ Contains GATORADE electrolytes to help replace what's lost in sweat



## GATORADE® Endurance Formula

23 CARBS (G)    90 CALORIES

140-150 POTASSIUM (MG)    310 SODIUM (MG)

1 stick [24 fl oz of water]

### PURPOSE

- ▶ Provides carbohydrate energy to help fuel working muscles during prolonged endurance exercise
- ▶ Contains GATORADE electrolytes to help replace what's lost in sweat during prolonged endurance exercise
- ▶ Contains ~2x sodium and ~3x potassium of GATORADE Thirst Quencher

### BACKED BY SCIENCE

GTO/GZERO: GATORADE products meet(2007) ACSM fluid replacement beverage guidelines for potassium (2-5 mEq/L), sodium (20-30 mEq/L).

GATORADE 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