



# THE **SCOOP** ON SUGAR AND PERFORMANCE

**SUGAR = CARBS = ENERGY**

## **HOW:**

Sugars are absorbed rapidly and sent to where they're needed (muscles or brain) and quickly converted to energy.

## **WHY:**

Because this type of energy has been shown to help maintain athletic performance with activity that lasts at least 60 minutes.

## **WHAT:**

Muscles rely on fluid and fuel to thrive during activity. Gatorade® Thirst Quencher's 21 grams of carbs per 12 ounces of fluid are tailor-made for efficiency.

**GATORADE**  
THE SPORTS FUEL COMPANY

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