



# THE HYDRATION PORTFOLIO

## HYDRATION SOLUTIONS FOR EVERY OCCASION



**GATORADE™**  
Water



**GATORADE®**  
G Zero



**GATORADE**  
FIT®



**GATORADE**  
GATORLYTE® Zero



**GATORADE®**  
Hydration Booster



**GATORADE**  
GATORLYTE®



**GATORADE®**  
Thirst Quencher



**GATORADE®**  
Endurance Formula

**HYDRATION**  
Lighter/Less Intense Activity (<60min)

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

GATORADE™ Water		GATORADE® G Zero		GATORADE FIT®		GATORADE GATORLYTE® Zero		GATORADE® Hydration Booster		GATORADE GATORLYTE®		GATORADE® Thirst Quencher		GATORADE® Endurance Formula	
0	0	0	0	2	8	2	6	5	18	8	30	22	80	22	90
CARBS (G)*	CALORIES*	CARBS (G)*	CALORIES*	CARBS (G)*	CALORIES*	CARBS (G)*	CALORIES*	CARBS (G)*	CALORIES*	CARBS (G)*	CALORIES*	CARBS (G)*	CALORIES*	CARBS (G)*	CALORIES*
30	0	160	45	163	43	294	210	180	60	294	210	160	50	310	140
SODIUM (MG)*	POTASSIUM (MG)*	SODIUM (MG)*	POTASSIUM (MG)*	SODIUM (MG)*	POTASSIUM (MG)*	SODIUM (MG)*	POTASSIUM (MG)*	SODIUM (MG)*	POTASSIUM (MG)*	SODIUM (MG)*	POTASSIUM (MG)*	SODIUM (MG)*	POTASSIUM (MG)*	SODIUM (MG)*	POTASSIUM (MG)*
<b>PURPOSE</b>		<b>PURPOSE</b>		<b>PURPOSE</b>		<b>PURPOSE</b>		<b>PURPOSE</b>		<b>PURPOSE</b>		<b>PURPOSE</b>		<b>PURPOSE</b>	
<ul style="list-style-type: none"> <li>▶ Unflavored water for all athletes on and off the field</li> <li>▶ Electrolyte infused for great taste</li> <li>▶ Alkaline (pH of 7.5 or higher)</li> <li>▶ Filtered with a 7-step enhanced filtration process</li> </ul>		<ul style="list-style-type: none"> <li>▶ Ideal for shorter-duration training that is low-to-moderate in intensity</li> <li>▶ Consume with an alternate source of carbohydrate if using during longer-duration activity</li> <li>▶ Helps maintain fluid balance</li> <li>▶ Electrolytes to help replace what you lose in sweat</li> </ul>		<ul style="list-style-type: none"> <li>▶ For the active consumer looking for vitamin packed hydration</li> <li>▶ Contains no added sugar, artificial flavors or sweeteners and no added colors</li> <li>▶ Delivers 100% of the daily value of vitamins A/C/B3/B5/B6 as well as electrolytes from watermelon &amp; sea salt</li> </ul>		<ul style="list-style-type: none"> <li>▶ Zero sugar rehydration</li> <li>▶ Scientifically formulated for rapid rehydration and has a 5-electrolyte blend to help quickly replace fluids and electrolytes lost in sweat</li> </ul>		<ul style="list-style-type: none"> <li>▶ Specifically created to be an all day, always on hydration solution</li> <li>▶ Developed with an advanced blend of electrolytes from watermelon and sea salt</li> <li>▶ Contains essential vitamins A, B3, B5, B6, C</li> <li>▶ Lower sugar, calories and sodium</li> <li>▶ NO artificial sweeteners, flavors or added colors</li> </ul>		<ul style="list-style-type: none"> <li>▶ Scientifically formulated for rapid rehydration and has a 5-electrolyte blend to help quickly replace fluids and electrolytes lost in sweat</li> <li>▶ Contains lower sugar (60% lower than leading sports drink) and no artificial sweeteners or flavors</li> </ul>		<ul style="list-style-type: none"> <li>▶ Ideal for longer-duration, moderate/high-intensity training/competition</li> <li>▶ Carbs to fuel working muscles</li> <li>▶ Electrolytes to help replace what you lose in sweat</li> </ul>		<ul style="list-style-type: none"> <li>▶ Hydrates &amp; fuels during longer-duration activity</li> <li>▶ Supports replacement of significant electrolyte loss that occurs during prolonged events (1.5-2+ hours)</li> <li>▶ Refuels with a 2:1 blend of glucose to fructose to reduce the risk of GI distress at higher intake levels</li> </ul>	

**GTO / 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.

\*May vary slightly by flavor.



\*12-oz serving size