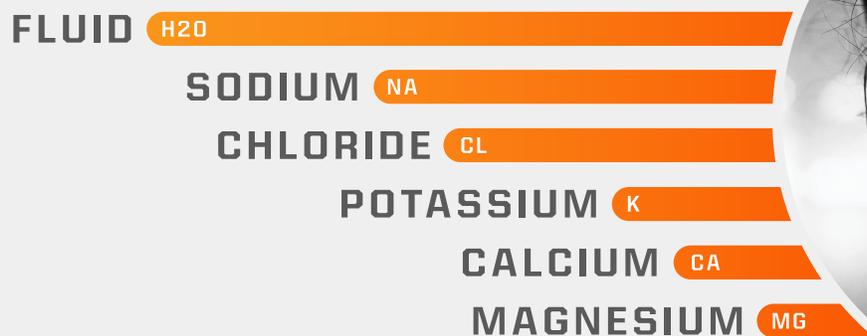


# GATORADE® HYDRATES BETTER THAN WATER



Understanding what athletes lose through sweat helps ensure they replenish fluid and electrolytes needed for optimal performance.

## WHAT WE LOSE IN SWEAT



Bars represent general quantities.

Based on our sweat normative data, sodium loss is anywhere from ~260-1990 mg/L (~10-90 mmol/L) with average sweat rates between 1-2L/hr.\*

## WHAT GETS REPLENISHED

### WITH GATORADE THIRST QUENCHER

- FLUID
- SODIUM WITH CHLORIDE  
160 mg/12 oz
- POTASSIUM  
50 mg/12 oz



### WITH WATER

- FLUID WITH SODIUM  
~7 mg/12 oz



Explore the full Hydration Continuum for individualized hydration solutions.

\*1L=33.8 fl oz

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