

G PROTEIN

Gatorade Protein Bars and Shakes offer 20 grams of high-quality whey and milk protein to help rebuild muscles after exercise and support ongoing recovery throughout the day. The Protein Bars are individually wrapped for a grab-and-go option to consume after training, a game, or practice. The Protein Shake meets daily calorie needs while delivering a blend of protein for muscle recovery.



NUTRITIONAL INFORMATION (per 1 bar)

Protein: 20g high quality whey and milk protein to provide essential amino acids
Calories: 340-360 (varies by flavor)
Carbohydrates: 39g-42g carbohydrates (varies by flavor) to replenish energy stores post-exercise



FLAVORS

Mint Chocolate Crunch, Cookies and Crème, Peanut Butter Chocolate, Chocolate Chip, Chocolate Caramel



NUTRITIONAL INFORMATION (per 1 shake)

Protein: 20g
Calories: 280
Carbohydrates: 46g-47g (varies by flavor)
Fat: 1g



FLAVORS

Vanilla, Chocolate