

SHAKE WELL TWIST TO OPEN ▶

# GATORADE® NUTRITION SHAKE



CONTAINS 0% JUICE

## Nutrition Facts

Serving size 1 Bottle (330 mL)

Amount per serving  
**Calories 370**

% Daily Value\*

<b>Total Fat</b> 8g	<b>11%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>4%</b>
<b>Sodium</b> 290mg	<b>13%</b>
<b>Total Carbohydrate</b> 55g	<b>20%</b>
Dietary Fiber less than 1g	<b>3%</b>
Total Sugars 29g	
Includes 28g Added Sugars	<b>57%</b>
<b>Protein</b> 20g	<b>40%</b>

Vitamin D 3mcg	15%	Calcium 390mg	30%
Iron 1.5mg	8%	Potassium 650mg	15%
Vitamin A 320mcg	35%	Vitamin C 135mg	150%
Vitamin E 6mg	40%	Riboflavin 0.59mg	45%
Vitamin B6 0.43mg	25%	Vitamin B12 2.64mcg	110%
Biotin 63mcg	210%	Pantothenic Acid 1mg	20%
Phosphorus 560mg	45%	Iodine 53mcg	35%
Magnesium 105mg	25%	Zinc 7.7mg	70%
Manganese 0.58mg	25%		

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Water, sugar, maltodextrin, milk protein isolate, canola oil, natural and artificial flavor, mono- and diglycerides, potassium phosphate, cellulose gel, magnesium phosphate, salt, sodium ascorbate (vitamin C), cellulose gum, carrageenan, vitamin E acetate, ferric orthophosphate, zinc oxide, vitamin A palmitate, calcium pantothenate, red 3, manganese sulfate, vitamin D3, pyridoxine hydrochloride (vitamin B6), riboflavin, biotin, potassium iodide, cyanocobalamin (vitamin B12).  
**CONTAINS MILK INGREDIENTS.**

DIST. BY: THE GATORADE CO., P.O. BOX 049003, CHICAGO, IL 60604  
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Comments? 1-800-884-2867 or visit gatorade.com  
REFRIGERATE AFTER OPENING, SHAKE WELL.

20 GRAMS OF HIGH-QUALITY PROTEIN, INCLUDING CASEIN AND WHEY, TO HELP REBUILD MUSCLE.

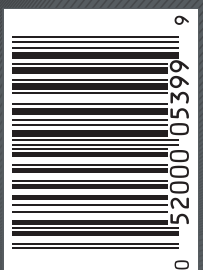
16 VITAMINS AND MINERALS TO HELP SUPPORT DAILY NUTRITION.

55 GRAMS OF CARBS TO PROVIDE ENERGY AND HELP FILL GLYCOGEN STORES.

smartlabel®



Scan here for more food information or call 1-800-884-2867



3235053901 (M) ME 5g OR 10g CA CRN

# GATORADE® NUTRITION SHAKE

NUTRITION  
SHAKE

**STRAWBERRY**  
ARTIFICIALLY FLAVORED

11.16 FL OZ (330 mL)

**370**  
CALORIES  
PER BOTTLE