

GATORADE®
**ENDURANCE
FORMULA**
THIRST QUENCHER
INSTANT CONCENTRATE

MIXING INSTRUCTIONS

IN A 7-GALLON OR 10-GALLON
GATORADE COOLER, MIX:

- 4.5 28 FL OZ BOTTLES OF GATORADE ENDURANCE
FORMULA CONCENTRATE
- 5 GALLONS OF COLD WATER
- MIX THOROUGHLY



TO CHILL:
PLACE A LARGE SEALABLE BAG FILLED
WITH ICE INSIDE THE COOLER

HALF BOTTLE

NOT FOR RETAIL SALE



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ENDURANCE

GATORADE®
**ENDURANCE
FORMULA**
THIRST QUENCHER
INSTANT CONCENTRATE
LEMON LIME

NATURALLY FLAVORED WITH
OTHER NATURAL FLAVORS

28 FL OZ (1.75 PT) 828 mL

**INSTANT
CONCENTRATE**
ALWAYS DILUTE
BEFORE CONSUMING
4.5 BOTTLES MAKES
6 GALLONS

90
CALORIES
PER 12 FL OZ
PREPARED

CONTAINS NO FRUIT JUICE

Nutrition Facts

About 14 servings per container
Serving size 4.5 tbsp (60mL)/
Makes about 12 fl oz

Amount per serving
Calories **90**

% Daily Value

Total Fat 0g **0%**

Sodium 310mg **14%**

Total Carbohydrate 22g **8%**

Total Sugars 13g

Includes 13g Added Sugars **27%**

Protein 0g

Potassium 140mg 2% • Magnesium 0mg 0%

Not a significant source of saturated fat,
trans fat, cholesterol, dietary fiber,
vitamin D, calcium, and iron.

Water, sugar, maltodextrin, fructose, citric acid, sodium
citrate, monopotassium phosphate, salt, calcium
lactate, natural flavor, ascorbic acid (to protect flavor),
magnesium oxide, gum arabic, beta carotene (color).

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.