



**DIRECTIONS**

1. ADD 16.9 FL OZ OF WATER TO A SHAKER BOTTLE
2. ADD CONTENTS OF ONE PACKET
3. SHAKE FOR 30 SECONDS OR UNTIL POWDER IS FULLY DISSOLVED
4. CONSUME IMMEDIATELY



ELECTROLYTES TO  
HELP REPLENISH WHAT  
YOU LOSE IN SWEAT

0g  
SUGAR

10g  
PROTEIN

TO HELP KICK START  
YOUR RECOVERY



10g  
PROTEIN

WITH  
PROTEIN

ZERO SUGAR PROTEIN  
THIRST QUENCHER POWDER  
GLACIER FREEZE®

45  
CALORIES  
PER PACKET

NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY.  
DO NOT USE FOR WEIGHT REDUCTION

10 - 0.52 OZ (15 g) PACKETS/NET WT 5.29 OZ (150 g)

CONTAINS NO FRUIT JUICE

**Nutrition Facts**

10 servings per container  
Serving size  
makes about 16.9 fl oz

Amount per serving

**Calories 45**

% Daily Value\*

**Total Fat** 0g 0%

**Sodium** 230mg 10%

**Total Carbohydrate** 2g 1%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein** 10g 17%

Potassium 80mg 0%

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

Whey protein isolate, citric acid, malic acid, sodium citrate, salt, monopotassium phosphate, sucralose, silicon dioxide, natural flavor, acesulfame potassium, blue 1. 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

Low Calorie, 40 calories or less per

12 fl oz prepared



WITH  
PROTEIN

smartlabel®



Scan here for more food  
information  
1-800-884-2867  
Call for more food information

