



GATORADE®
ENDURANCE
FORMULA
THIRST QUENCHER POWDER

ON COURSE AT MORE THAN
300 RACES ACROSS THE U.S.

**GATORADE ENDURANCE FORMULA
HAS NEARLY 2X THE SODIUM
(300mg) AND NEARLY 3X THE
POTASSIUM (140mg) OF REGULAR
GATORADE THIRST QUENCHER.**

MULTI-CARBOHYDRATE BLEND
FORMULATED SPECIFICALLY
FOR ENDURANCE ATHLETES

gatorade.com/endurance



GATORADE®
ENDURANCE
FORMULA
THIRST QUENCHER POWDER

CHERRY

NATURALLY FLAVORED WITH OTHER NATURAL FLAVORS

90
CALORIES
PER 12 FL OZ
PREPARED

NET WT 32 OZ
(2 LB) 907 g

ELECTROLYTES • CARBOHYDRATES • LIGHT TASTE

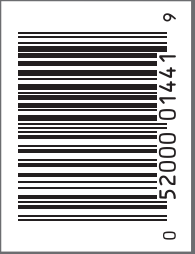
CONTAINS NO FRUIT JUICE

Nutrition Facts
About 38 servings per container
Serving size 1 1/2 tbsp (24g)
Makes about 12 fl oz

Amount per serving	% Daily Value*
Calories 90	
Total Fat 0g	0%
Sodium 300mg	13%
Total Carb. 22g	8%
Total Sugars 13g	
Incl. 13g Added Sugars	27%
Protein 0g	
Potassium 140mg 2% • Magnesium 0mg 0%	

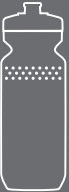
Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium and iron.

* 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.



Sugar, malic acid, fructose, citric acid, sodium citrate, monopotassium phosphate, salt, calcium lactate, calcium chloride, natural flavor, gum arabic, magnesium oxide.

DIST. BY: THE GATORADE CO.
P.O. BOX 040003, CHICAGO, IL 60604
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Comments? 1-800-884-2867
or visit gatorade.com



**ADD WATER.
UNLEASH POTENTIAL.**

DIRECTIONS:
**1. POUR ENDURANCE FORMULA
POWDER INTO A BOTTLE**
2. ADD WATER
**3. SHAKE UNTIL POWDER IS
COMPLETELY DISSOLVED**



	OPEN	POUR	SHAKE
TO MAKE	GATORADE MIX	WATER	
12 FL OZ	1 1/2 SCOOPS	12 FL OZ	
24 FL OZ	3 SCOOPS	24 FL OZ	
1 GALLON	16 SCOOPS	1 GALLON	

REPLACE PLASTIC LID TIGHTLY AFTER USE.
KEEP IN A COOL, DRY PLACE.



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