

HYDRATES BETTER THAN WATER



REHYDRATE. REPLENISH. REFUEL.

CONTAINS NO FRUIT JUICE

GATORADE
FROST[®] CRISP &
THIRST QUENCHER COOL

GLACIER FREEZE[®]

28 FL OZ (1.75 PT) 828 mL

80
CALORIES
PER 12 FL OZ
SERVING

ME-HI 5¢ OR 10¢ CTRV CA CRV



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FROST[®] CRISP &
THIRST QUENCHER COOL

GLACIER FREEZE[®]

28 FL OZ (1.75 PT) 828 mL

80
CALORIES
PER 12 FL OZ
SERVING

REHYDRATE
TO SUPPORT YOUR
BEST PERFORMANCE

REPLENISH
ELECTROLYTES TO HELP
REPLENISH WHAT YOU
LOSE IN SWEAT

REFUEL
CARBS TO HELP REFUEL
WORKING MUSCLES

Nutrition Facts

About 2.5 servings per container
Serving size 12 fl oz (360 mL)

Calories	Per serving		Per container	
	% Daily Value		% Daily Value	
Total Fat	0g	0%	0g	0%
Sodium	160mg	7%	380mg	17%
Total Carb.	22g	8%	50g	18%
Total Sugars	21g		48g	
Incl. Added Sugars	21g	41%	48g	96%
Protein	0g		0g	
Potassium	50mg	0%	110mg	2%

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

REHYDRATE
THEN RECYCLE



REFRIGERATE AFTER OPENING.

Comments? 1-800-884-2867
or visit gatorade.com

smartlabel[®]



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

Water, sugar, dextrose, citric acid, sodium citrate, salt, mono potassium phosphate, modified food starch, natural flavor, glycerol ester of rosin, blue 1.
DIST BY THE GATORADE CO., P.O. BOX 149033, CHICAGO, IL 60614
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