

HYDRATES BETTER THAN WATER



REHYDRATE. REPLENISH. REFUEL.

CONTAINS NO FRUIT JUICE

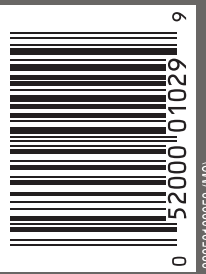
GATORADE
FROST[®] CRISP &
THIRST QUENCHER COOL

ARCTIC BLITZ[®]

28 FL OZ (1.75 PT) 828 mL

80
CALORIES
PER 12 FL OZ
SERVING

ME-HI 5c OR 10c CTRV CA CRV



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THIRST QUENCHER COOL

ARCTIC BLITZ[®]

28 FL OZ (1.75 PT) 828 mL

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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)

	Per serving	Per container
Calories	80	190
	% 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, natural flavor, sodium citrate, sodium phosphate, modified food starch, glycerol ester of rosin, blue 1, yellow 5.
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