

HYDRATES BETTER THAN WATER



REHYDRATE. REPLENISH. REFUEL.

CONTAINS NO FRUIT JUICE

GATORADE
FROST[®] CRISP &
THIRST QUENCHER COOL

GLACIER CHERRY[®]

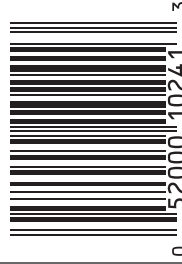
NATURALLY FLAVORED WITH OTHER
NATURAL FLAVORS



80
CALORIES
PER 12 FL OZ
SERVING

28 FL OZ (1.75 PT) 828 mL

ME-HI 5¢ OR 10¢ CTRV CA CRV



GATORADE
FROST[®] CRISP &
THIRST QUENCHER COOL

GLACIER CHERRY[®]

NATURALLY FLAVORED WITH OTHER
NATURAL FLAVORS



80
CALORIES
PER 12 FL OZ
SERVING

28 FL OZ (1.75 PT) 828 mL

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.	21g 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, salt, monopotassium phosphate, modified food starch, glycerol ester of rosin.
DIST BY: THE GATORADE CO., P.O. BOX 149033, CHICAGO, IL 60614
©2025 S-V-C, Inc. GATORADE and G DESIGN are registered trademarks of S-V-C, Inc.