



10-PACK

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DIRECTIONS

ADD CONTENTS OF ONE PACK TO 16.9 FL OZ BOTTLE OF WATER (SIP FIRST IF FILLED TO THE TOP), REPLACE CAP, SHAKE, AND ENJOY.



ELECTROLYTES

230MG SODIUM AND 70MG POTASSIUM PER PACK TO HELP REPLACE WHAT YOU SWEAT OUT.



CARBS

34G CARBOHYDRATES TO HELP REFUEL WORKING MUSCLES AND PROMOTE FLUID ABSORPTION.

130 CALORIES PER 16.9 FL OZ PREPARED

GATORADE®
THIRST
QUENCHER
POWDER

LEMON-LIME

ARTIFICIALLY FLAVORED

10 - 1.23 OZ (35 g) PACKS
® NET WT 12 OZ (350 g)

CONTAINS NO FRUIT JUICE

Nutrition Facts

10 servings per container
Serving size 1 packet (35g)
makes about 16.9 fl oz

Amount per serving
Calories 130

% Daily Value*

Total Fat 0g 0%

Sodium 230mg 10%

Total Carbohydrate 34g 12%

Total Sugars 32g

Includes 32g Added Sugars 65%

Protein 0g

Potassium 70mg 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, dextrose, citric acid, salt, sodium citrate, natural and artificial flavor, monopotassium phosphate, calcium silicate, yellow 5.

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

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