



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](http://gatorade.com/endurance)



GATORADE®  
**ENDURANCE**  
FORMULA  
THIRST QUENCHER POWDER

**LEMON-LIME**

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

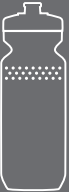
Amount per serving	% Daily Value*
<b>Calories</b> 90	
<b>Total Fat</b> 0g	<b>0%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carb.</b> 22g	<b>8%</b>
Total Sugars 13g	
Incl. 13g Added Sugars	<b>27%</b>
<b>Protein</b> 0g	
Potassium 140mg 2% • Magnesium 0mg 0%	

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, citric acid, ascorbic acid, sodium citrate, sodium lactate, sodium citrate, natural flavor, magnesium oxide, gum arabic, sodium ascorbate (preserves freshness), beta carotene (color).

DIST. BY: THE GATORADE CO.  
P.O. BOX 040000, CHICAGO, IL 60604  
©2020 G-VC, Inc., GATORADE and G DESIGN  
are registered trademarks of G-VC, Inc.  
Comments? 1-800-804-2867  
or visit [gatorade.com](http://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