



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

ELECTROLYTES • CARBOHYDRATES • LIGHT TASTE



GATORADE®
ENDURANCE
FORMULA
THIRST QUENCHER POWDER

ORANGE

NATURALLY FLAVORED WITH OTHER NATURAL FLAVORS

90
CALORIES
PER 12 FL OZ
PREPARED

NET WT 32 OZ
(2 LB) 907 g

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*
Calories 90	
Total Fat 0g	0%
Sodium 300mg	13%
Total Carb. 22g	8%
Total Sugars 13g	
Incl. 13g Added Sugars	26%
Protein 0g	
Potassium 140mg 2% • Magnesium 0mg 0%	

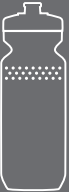
Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, and iron.

* 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, fructose, citric acid, sodium citrate, monopotassium phosphate, salt, natural flavor, calcium lactate, calcium chloride, magnesium oxide, beta carotene (color).

DIST. BY: THE GATORADE CO.
P.O. BOX 040003, CHICAGO, IL 60604
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Comments? 1-800-884-2867 or visit 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

TO MAKE

12 FL OZ

24 FL OZ

1 GALLON



POUR

GATORADE MIX

1 1/2 SCOOPS

3 SCOOPS

16 SCOOPS



SHAKE

WATER

12 FL OZ

24 FL OZ

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