



GATORADE®  
**MASHUPS**

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ELECTROLYTES TO  
HELP REPLENISH WHAT  
YOU LOSE IN SWEAT  
CARBS TO HELP REFUEL  
WORKING MUSCLES

Comments? 1-800-884-2867  
or visit gatorade.com

smartlabel®



Scan here for more  
food information or call  
1-800-884-2867

ME-HI 5g OR 10c CTRV CA CRV



LEMON LIME ORANGE  
NATURALLY FLAVORED WITH OTHER NATURAL FLAVORS  
2 ICONIC FLAVORS IN 1

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GATORADE®  
**THIRST QUENCHER**

28 FL. OZ. (1.75 PT) 828 mL

80  
CALORIES  
PER 12 FL. OZ.  
SERVING

CONTAINS NO FRUIT JUICE

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%	0%
Sodium	160mg	7%	370mg 16%
Total Carb.	21g	8%	48g 18%
Total Sugars	21g		48g
Incl. Added Sugars	21g	41%	48g 97%
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.

Water, sugar, dextrose, citric acid, sodium citrate, salt, natural flavor, monopotassium phosphate, gum arabic, glycerol ester of rosin, yellow 5, red 40.

DIST. BY: THE GATORADE CO.  
P.O. BOX 049003, CHICAGO, IL 60604  
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REFRIGERATE AFTER OPENING.



REHYDRATE  
THEN RECYCLE