



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



FRUIT PUNCH

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, modified food starch, caramel color, red 40.

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

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Comments? 1-800-884-2867
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