

# 2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT

## USBRB Commentary (PROS/CONS):

### Hydration Capabilities:

PRO - Helps Rehydrate/Maintain Hydration

### Electrolyte Content:

CON - Inadequate Amount of Electrolytes

### Electrolyte Balance:

CON - Unbalanced Electrolytes

### Flavoring:

Artificial, Natural

### Coloring:

CON - Contains Artificial Color(s)

### Sugar Content:

PRO - Limited or No Sugar

### Sweetener(s):

MIXED - Contains Both Natural and Artificial Sweeteners, PRO - Does Not Contain Stevia

### Glycemic Index:

NEUTRAL - Medium Glycemic Index

### Sodium Content:

PRO - Limited or No Sodium

### Stimulants:

PRO - Stimulant Free

### Aids Recovery:

PRO - Aids Recovery

### Provides Energy:

PRO - Boosts Energy

### Other Functional Benefits:

CON - No Other Functional Benefits



Manufacturer:

Stokely-Van Camp, Inc. (Gatorade)

Phone: 800-884-2867

Email: [contact@gatorade.com](mailto:contact@gatorade.com)

[www.gatorade.com/fuel/hydration/g2/bottle](http://www.gatorade.com/fuel/hydration/g2/bottle)



## Gatorade G2

Description: (from Manufacturer's Website)

Half the Sugar, All the Electrolytes.

Price per Serving:\*\* \$0.80

3rd Party Certifications:

None

Flavor Name(s):\*

(Different flavors may have unique ingredients and nutritional information related to their specific flavoring and/or coloring agents - see individual product labels for details.)

Fruit Punch, Glacier Freeze, Grape

Primary Application(s):

Sports Activity (Fitness)

Beverage Form:

Ready to Drink

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Poor Choice

Rating: **62.8** points



## Nutrition Facts

About 2.5 servings per container

Serving Size 12 fl oz (360 mL)

	Per Serving		Per Container	
Calories	30		70	
	% DV*		% DV*	
Total Fat	0g	0%	0g	0%
Sodium	160mg	7%	380mg	16%
Total Carb.	8g	3%	18g	6%
Total Sugars	7g		16g	
Incl. Added Sugars	7g	14%	16g	32%
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.

\*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.

### Ingredients

Water, Sugar, Citric Acid, Salt, Sodium Citrate, Natural And Artificial Flavor, Monopotassium Phosphate, Sucralose, Red 40, Acesulfame Potassium.

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