

# 2024 MASS MARKET SPORTS & HYDRATION DRINK REPORT

## USBRB Commentary (PROS/CONS):

### Hydration Capabilities:

PRO - Helps Rehydrate/Maintain Hydration

### Electrolyte Content:

CON - Excessive Amount of Electrolytes

### Electrolyte Balance:

CON - Unbalanced Electrolytes

### Flavoring:

PRO - Contains Natural Flavor(s)

### Coloring:

CON - Contains Artificial Color(s)

### Sugar Content:

CON - Contains Excessive Sugar

### Sweetener(s):

PRO - Contains Only Natural Sweetener(s),

CON - Contains Stevia (Diuretic)

### Glycemic Index:

NEUTRAL - Medium Glycemic Index

### Sodium Content:

NEUTRAL - Moderate Sodium

### Stimulants:

PRO - Stimulant Free

### Aids Recovery:

PRO - Aids Recovery

### Provides Energy:

PRO - Boosts Energy

### Other Functional Benefits:

PRO - Provides Endurance Support



Manufacturer:

Stokely-Van Camp, Inc. (Gatorade)

Phone: 800-884-2867

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

[www.gatorade.com/fuel/hydration/gator-lyte/12-pack](http://www.gatorade.com/fuel/hydration/gator-lyte/12-pack)



## Gatorade Gatorlyte

Description: (from Manufacturer's Website)

5 Electrolytes, Lower Sugar and No Artificial Sweeteners or Flavors.

Primary Application(s):

Sports Activity (Fitness), Extreme Workouts

Beverage Form:

Ready to Drink

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Price per Serving:\*\* \$2.33

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.)

Strawberry Kiwi, Orange, Cherry Lime

Not Recommended

Rating: **45.2** points



## Nutrition Facts

1 serving per container

Serving Size 20 fl oz (591 mL)

Amount Per Serving

**Calories** **50**

% Daily Value\*

Total Fat 0g 0%

Sodium 490mg 21%

Total Carbohydrate 14g 5%

Total Sugars 12g

Includes 12g Added Sugars 23%

Protein 0g

Calcium 120mg 10%

Potassium 350mg 8%

Magnesium 105mg 25%

Chloride 1040mg 45%

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, 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, Calcium Lactate, Potassium Chloride, Magnesium Oxide, Gum Arabic, Purified Stevia Leaf Extract, Natural Flavor, Sucrose Acetate Isobutyrate, Glycerol Ester Of Rosin, Yellow 6.

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