

# 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:

PRO - Contains Natural Flavor(s)

### Coloring:

CON - Contains Some Artificial Color(s)

### Sugar Content:

CON - Contains Excessive Sugar

### Sweetener(s):

PRO - Contains Only Natural Sweetener(s),

PRO - Does Not Contain Stevia (Diuretic)

### Glycemic Index:

CON - High Glycemic Index

### Sodium Content:

NEUTRAL - Moderate 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/gatorade-thirst-quencher/single-serve-powder](http://www.gatorade.com/fuel/hydration/gatorade-thirst-quencher/single-serve-powder)



## Gatorade Thirst Quencher Powder

Description: (from Manufacturer's Website)

The Original Formula in Powder Form. Replaces the Electrolytes You Lose in Sweat.

Price per Serving:\*\* \$0.60

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, Lemon Lime, Orange

Primary Application(s):

Sports Activity (Fitness)

Beverage Form:

Powder - Pre-Measured

Beverage Base:

Still Water

Label (and Other) Warnings:

None

Allergens: (Ingredient Related)

None

Not Recommended

Rating: **42.6** points



## Nutrition Facts

1 serving 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.

### Ingredients

Sugar, Dextrose, Citric Acid, Salt, Sodium Citrate, Natural And Artificial Flavor, Monopotassium Phosphate, Calcium Silicate, Modified Food Starch, Caramel Color, Red 40.

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