

ENDURANCE



Gatorade Endurance products are served on hundreds of race courses nationwide and available at run, bike and tri specialty stores and online at fuelbelt.com. Visit www.Gatorade.com/Endurance for more information.



Grounded in years of hydration and sports nutrition research conducted by the Gatorade Sports Science Institute, the Gatorade Endurance line of products help deliver fluids and nutrients endurance athletes need for a training session or race.

ENERGY BEFORE AND DURING TRAINING AND RACING



GATORADE ENDURANCE CARB ENERGY CHEWS

Gummy chews formulated with carbohydrate, sodium and potassium that provide energy when consumed prior to and during prolonged training or racing to help endurance athletes continue to perform at a high level.

Nutrition Information (4 chews)

Calories: 120 Potassium: 50 mg
Sodium: 105 mg Carbs: 31 g

Flavors: Orange, Fruit Punch



GATORADE ENDURANCE CARB ENERGY DRINK

Gatorade Endurance Carb Energy Drink is a liquid carbohydrate source with B vitamins, which as part of a daily diet, helps with energy metabolism.

Nutrition Information (4-oz. pouch)

Calories: 120 Carbs: 30 g
Sodium: 110 mg

Flavors: Lime, Berry

HYDRATION DURING TRAINING AND RACING



GATORADE ENDURANCE FORMULA

Available in ready-to-drink and powder, Gatorade Endurance Formula is a specialized sports drink with nearly twice the sodium and more than three times the potassium of Gatorade Thirst Quencher to help sustain hydration, maintain proper fluid balance and replace key electrolytes lost in sweat during training and racing.

Nutrition Information (8-oz.)

Calories: 50 Potassium: 90 mg
Sodium: 200 mg Carbs: 14 g

Flavors: Lemon-Lime, Orange



GATORADE ENDURANCE GATORLYTES

An electrolyte powder mix of sodium, potassium, chloride, calcium and magnesium, Gatorlytes are designed for athletes with high electrolyte losses, salty sweaters and cramp-prone athletes. Add one packet to a 20-oz. bottle of Gatorade Thirst Quencher and drink before and/or during activity.

Nutrition Information (1 pouch)

Sodium: 780 mg Potassium: 400 mg