Gatorade® Thirst Quencher is the most thoroughly researched sports beverage in the world. Scientifically engineered to help athletes perform at their best during athletic activity, Gatorade® Thirst Quencher continues to quench thirst, replace fluids and electrolytes, and provide carbohydrate energy in the form of sugar to help athletes get the most out of their performance.

Every athlete is unique – including their fueling choices. Gatorade® Thirst Quencher sub-lines are categories of flavors that accommodate varying taste profiles and preferences.

**GATORADE MAIN-LINE**
- **THE ORIGINAL FORMULA & TASTE**
- FLAVORS: Fruit Punch, Lemon Lime, Orange, Cool Blue & more

**GATORADE FLOW**
- **FULL FLAVOR, SMOOTH FINISH**

**GATORADE FROST**
- **LIGHT, CRISP TASTE**
- FLAVORS: Glacier Freeze, Glacier Cherry, Arctic Blitz, Icy Charge & more

**GATORADE FIERCE**
- **BOLD, INTENSE FLAVOR**
- FLAVORS: Grape, Green Apple, Blue Cherry, Strawberry & more

**NUTRITIONAL INFORMATION** (per 12oz serving)
- **Carbohydrates**: 21g to stimulate rapid fluid absorption and fuel the active body
- **Electrolytes**: 160mg sodium and 45mg potassium to help replace what is lost in sweat
- **Calories**: 80

**AVAILABILITY**
Available nationwide in grocery, mass, convenience and drug stores. Strawberry Splash Gatorade Flow is available exclusively at 7-Eleven stores nationwide.

**SUGGESTED RETAIL PRICE**
- $1.29-$2.29 for a single 32-oz. bottle; $1.99-$2.29 for a single 28-oz. bottle

For maximum performance throughout training or competition, athletes can choose from the following:
- **Gatorade Prime**
  (Gatorade Prime Sports Fuel Drink, Gatorade Prime Energy Chews and Gatorade Prime Fuel Bar)
  Energy designed for athletes. Be ready, start strong.

- **Gatorade Perform**
  (Gatorade® Thirst Quencher, low-calorie Gatorade G2® and G Organic)
  Carbs to compete, electrolytes to replenish. Helps athletes replace what they sweat out.

- **Gatorade Recover**
  (Gatorade Recover® Protein Shake, Gatorade Recover® Whey Protein Bar and Gatorade Recover® Whey Protein Powder)
  Protein and carbs to fuel muscle recovery. Helps bring muscles back to life.