



The nutrition and ingredient information provided below is for an 8 oz serving and is current as of April 2006. For more information about these and other products, visit [www.gatorade.com](http://www.gatorade.com) or [www.pepsi.com/productinfo](http://www.pepsi.com/productinfo)

## Nutrition Information

<b>8 oz Serving</b>	<b>Calories</b>	<b>Total Fat (g)</b>	<b>Sodium (mg)</b>	<b>Total Carbs (g)</b>	<b>Sugars (g)</b>	<b>Protein (g)</b>	<b>Potassium (mg)</b>	<b>Phosphorous (mg)</b>
Lemon-Lime	50	0	110	14	14	0	30	24
Fruit Punch	50	0	110	14	14	0	30	24
Orange	50	0	110	14	14	0	30	24
Cool Blue	50	0	110	14	14	0	30	24
Strawberry Kiwi	50	0	110	14	14	0	30	24
Riptide Rush	50	0	110	14	14	0	30	24
Glacier Freeze	50	0	110	14	14	0	30	24
Cascade Crash	50	0	110	14	14	0	30	24
Fierce Grape	50	0	110	14	14	0	30	24
Raspberry Lemonade	50	0	110	14	14	0	30	24

## Ingredient Information

*This table provides ingredient information frequently requested by our customers and consumers.*

<b>8 oz Serving</b>	<b>Non-Caloric Sweeteners</b>				
	<b>Caffeine (mg)</b>	<b>Aspartame (mg)</b>	<b>Sucralose (mg)</b>	<b>Acesulfame Potassium (mg)</b>	<b>Saccharin (mg)</b>
Lemon-Lime	0	0	0	0	0
Fruit Punch	0	0	0	0	0
Orange	0	0	0	0	0
Cool Blue	0	0	0	0	0
Strawberry Kiwi	0	0	0	0	0
Riptide Rush	0	0	0	0	0
Glacier Freeze	0	0	0	0	0
Cascade Crash	0	0	0	0	0
Fierce Grape	0	0	0	0	0
Raspberry Lemonade	0	0	0	0	0

Note: This information applies only to bottled and canned products and not to products served from fountain dispensers. Not all products are available in all markets. All information in these tables reflects rounding as required by the Food & Drug Administration (21 CFR 101.9.) This may produce occasional irregularities in some values when comparing information for different serving sizes.



## Ingredient Lists

### **GATORADE - LEMON-LIME**

**Contains:** Water, Sucrose Syrup, Glucose-Fructose Syrup, Citric Acid, Natural Lemon and Lime Flavors With Other Natural Flavors, Salt, Sodium Citrate, Monopotassium Phosphate, Glycerol Ester of Wood Rosin, Yellow 5.

### **GATORADE - FRUIT PUNCH**

**Contains:** Water, Sucrose Syrup, Glucose-Fructose Syrup, Citric Acid, Natural Flavors, Salt, Sodium Citrate, Monopotassium Phosphate, Glycerol Ester of Wood Rosin, Red 40, Caramel Color, Sunflower Oil.

### **GATORADE - ORANGE**

**Contains:** Water, Sucrose Syrup, Glucose-Fructose Syrup, Citric Acid, Natural Orange Flavor With Other Natural Flavors, Salt, Sodium Citrate, Monopotassium Phosphate, Yellow 6, Glycerol Ester of Wood Rosin, Brominated Vegetable Oil.

### **GATORADE - COOL BLUE**

**Contains:** Water, Sucrose Syrup, Glucose-Fructose Syrup, Citric Acid, Natural and Artificial Flavor, Salt, Sodium Citrate, Monopotassium Phosphate, Glycerol Ester of Wood Rosin, Blue 1.

### **GATORADE - STRAWBERRY KIWI**

**Contains:** Water, Sucrose Syrup, Glucose-Fructose Syrup, Citric Acid, Natural Strawberry and Kiwi Flavors With Other Natural Flavors, Salt, Sodium Citrate, Monopotassium Phosphate, Glycerol Ester of Wood Rosin, Brominated Vegetable Oil, Red 40.

### **GATORADE - RIPTIDE RUSH**

**Contains:** Water, Sucrose Syrup, Glucose-Fructose Syrup, Citric Acid, Natural Flavors, Salt, Sodium Citrate, Monopotassium Phosphate, Glycerol Ester of Wood Rosin, Sunflower Oil, Red 40, Blue 1.

### **GATORADE - GLACIER FREEZE**

**Contains:** Water, Sucrose Syrup, Glucose-Fructose Syrup, Citric Acid, Natural Flavors, Salt, Sodium Citrate, Monopotassium Phosphate, Glycerol Ester of Wood Rosin, Blue 1.

### **GATORADE - CASCADE CRASH**

**Contains:** Water, Sucrose Syrup, Glucose-Fructose Syrup, Citric Acid, Natural Flavors, Salt, Sodium Citrate, Monopotassium Phosphate, Glycerol Ester of Wood Rosin, Blue 1.

### **GATORADE - FIERCE GRAPE**

**Contains:** Water, Sucrose Syrup, Glucose-Fructose Syrup, Citric Acid, Natural and Artificial Grape Flavors, Salt, Sodium Citrate, Monopotassium Phosphate, Glycerol Ester of Wood Rosin, Blue 1, Red 40.

### **GATORADE - RASPBERRY LEMONADE**

**Contains:** Water, Sucrose Syrup, Glucose-Fructose Syrup, Citric Acid, Natural and Artificial Flavors, Salt, Sodium Citrate, Monopotassium Phosphate, Glycerol Ester of Wood Rosin, Red 40, Blue 1.

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## Nutrition Information

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Gatorade All Stars - LemonLime	50	0	110	14	14	0	30	24
Gatorade All Stars - Berry	50	0	110	14	14	0	30	24
Gatorade All Stars - Strawberry	50	0	110	14	14	0	30	24
Gatorade All Stars - Ice Punch	50	0	110	14	14	0	30	24
Gatorade All Stars - Grape	50	0	110	14	14	0	30	24

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Gatorade All Stars - LemonLime	0	0	0	0	0
Gatorade All Stars - Berry	0	0	0	0	0
Gatorade All Stars - Strawberry	0	0	0	0	0
Gatorade All Stars - Ice Punch	0	0	0	0	0
Gatorade All Stars - Grape	0	0	0	0	0

## Ingredient Lists

### **GATORADE ALL STARS - LEMON-LIME**

**Contains:** Water, Sucrose Syrup, Glucose-Fructose Syrup, Citric Acid, Natural Lemon and Lime Flavors With Other Natural Flavors, Salt, Sodium Citrate, Monopotassium Phosphate, Glycerol Ester of Wood Rosin, Yellow 5.

### **GATORADE ALL STARS - BERRY**

**Contains:** Water, Sucrose Syrup, Glucose-Fructose Syrup, Citric Acid, Natural and Artificial Flavors, Salt, Sodium Citrate, Monopotassium Phosphate, Blue 1.

### **GATORADE ALL STARS - STRAWBERRY**

**Contains:** Water, Sucrose Syrup, Glucose-Fructose Syrup, Citric Acid, Natural and Artificial Strawberry Flavors, Salt, Sodium Citrate, Monopotassium Phosphate, Red 40.

### **GATORADE ALL STARS - ICE PUNCH**

**Contains:** Water, Sucrose Syrup, Glucose-Fructose Syrup, Citric Acid, Natural and Artificial Flavors, Salt, Sodium Citrate, Monopotassium Phosphate.

### **GATORADE ALL STARS - GRAPE**

**Contains:** Water, Sucrose Syrup, Glucose-Fructose Syrup, Citric Acid, Natural and Artificial Grape Flavors, Salt, Sodium Citrate, Monopotassium Phosphate, Glycerol Ester of Wood Rosin, Blue 1, Red 40

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