



WHY DRINK REHYDRATE?

	ADVOCARE® Rehydrate	Gatorade® Thirst Quencher	Gatorade® Endurance Hydration Formula™	Coca-Cola® Powerade®	Coca-Cola® Powerade Option	CytoSport Inc.™ Cytomax®	EAS® Cytovol® HP
Calories	50	50	60	65	10	48	100
Carbohydrates	12 g	14 g	15 g	17 g	2 g	10 g	18 g
Sugars	9 g	14 g	14 g	15 g	2 g	6 g	1 g
Sodium	100 mg	110 mg	200 mg	53 mg	50 mg	50 mg	140 mg
Potassium	100 mg	30 mg	90 mg	32 mg	35 mg	55 mg	45 mg
Magnesium	24 mg	-	3 mg	-	60%***	< 2%	
Calcium	100 mg	-	6 mg	-	10%	< 2%	
Chromium Polynicotinate	5 mcg	-	-	-	50%	25 mcg	
Beta-carotene	1000 IU	-	-	-	90%	-	1138 IU
Ascorbic Acid	120 mg	-	-	-	-	60 mg	55 mg
Thiamine HCL	150 mcg	-	-	-	-	-	
Riboflavin	170 mcg	-	-	-	-	-	390 mcg
Niacinamide	2 mg	-	-	2 mg	2 mg	-	5 mg
Calcium Pantothenate	600 mcg	-	-	-	-	-	2.3 mg pantothenic acid
L-Glutamine	yes	-	-	-	-	yes	3 g
L-Glutathione	yes	-	-	-	-	-	
L-Arginine	yes	-	-	-	-	-	
Pyridoxine alpha-ketoglutarate	yes	-	-	-	-	-	
Caffeine	no	no	no	no	no	yes	no
COST	\$.71 - \$1.19	\$.92	\$.98	\$.78	\$.78	\$.	

