



GLACEAU
SMARTWATER®
SPARKLING
12 oz

POWERADE®
POWER WATER
20 oz

GATORADE®
THIRST QUENCHER™
12 oz

OPTIMUM NUTRITION®
AMINO. ENERGY -
ELECTROLYTES SPARKLING DRINK
12 oz

	XS SPARKLING+	GLACEAU SMARTWATER®	POWERADE®	GATORADE®	OPTIMUM NUTRITION®
CALORIES	0	0	0	80	5
SUGAR	0 g	0 g	0 g	21 g	0 g
CARBS	0 g	0 g	0 g	22 g	1 g
SODIUM	5 mg (0% DV*)	0% DV*	5% DV*	7% DV*	4% DV*
POTASSIUM	237 mg (6% DV*)	< 2% DV*	< 2% DV*	< 1% DV*	< 2% DV*
MAGNESIUM	43 mg (10% DV*)	< 2% DV*	< 2% DV*	0% DV*	< 2% DV*

Glacéau Smartwater® is a registered trademark of Energy Brands, Inc.
Powerade® is a registered trademark of The Coca-Cola Company.
Gatorade® Thirst Quencher™ is a pending trademark of Stokely-Van Camp, Inc.
Optimum Nutrition® is a registered trademark of Glanbia Nutritionals Limited.

*Percent Daily Values are based on 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Content information in the charts is as stated on each label as of December 2020.

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