



FREQUENTLY ASKED QUESTIONS

1. Why is Gatorade® an ideal beverage to provide for your workers?

Workers face many unique challenges not often seen in athletics such as wearing heavy, impermeable protective gear while working in hot, humid conditions for long hours and over numerous consecutive days. Research has shown such workers can lose over a gallon of body fluid per shift^{1,2} and do not always fully replace their sweat loss in their real-life work situation.^{3,4} However, scientific studies have demonstrated that workers consume more of a carbohydrate-electrolyte solution like Gatorade than water.^{5,6} Drinking carbohydrate-electrolyte beverages such as Gatorade can increase work performance.^{7,8} In fact, Gatorade has been shown to increase endurance and manual work productivity in workers compared to a carbohydrate-free beverage.^{7,9,10}

2. How much fluid should workers drink?

Workers should weigh in before and after their shift. The goal is to maintain body weight throughout the day. If they lost weight, they should drink more fluids next time. One pound of weight loss equals 16 oz. of fluid. If weight was gained, they should cut back on fluids.

3. Doesn't sodium cause high blood pressure?

The amount is key. While physicians generally recommend decreased sodium consumption to help correct high blood pressure, some sodium is required for the body to function properly. In fact, fairly small amounts of sodium are needed in a hydration beverage to achieve the benefits as described earlier. Recent research on healthy young workers has shown that even when Gatorade was consumed at high volumes (4 liters per day) in strenuous occupations, Gatorade consumption did not increase blood pressure.¹

4. When is it most effective to consume Gatorade versus G2® and Propel®?

Workers looking to maintain their physical and mental performance should drink Gatorade. Gatorade is specifically designed with the carbohydrate level (6%) necessary to fuel working muscles. Workers, who complete tasks that do not require intense energy utilization, can try G2 or Propel. These offerings are low-calorie options for those occasions when hydration is still a concern, but consuming the carbohydrates necessary to maintain performance is not.

5. Does Gatorade contain a lot of sugar?

No. Gatorade is relatively low in sugar and calories compared to other beverages. Gatorade has half the sugar that is found in juices or regular soft drinks. It has about half the calories of skim milk. The small amount of carbohydrate present in Gatorade is necessary to provide energy to working muscles, and it enhances rehydration, replenishment, and refueling for work occasions.

SUGAR (CARBOHYDRATE) & CALORIE COMPARISON

Beverage	Carb %	Carb (g) / 8 oz.	Cal / 8 oz.
Grape Juice (unsweetened)	16	37	154
Energy Drink*	11	27	160
Cola	11	26	100
Orange Juice	11	26	110
Gatorade	6	14	50
G2	3	7	25
Beer	4	9	100
Coffee	0	0	5

*Red Bull (Red Bull N. America, Inc.)



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6. Can people with diabetes consume Gatorade, G2 or Propel?

Yes. They can, but they should first confirm their drinking volume and schedule with their personal physician.

7. Doesn't Gatorade contain a lot of sodium?

No. Gatorade is actually a “low sodium” beverage, according to FDA standards. The chart below shows how Gatorade compares to other commonly consumed food and beverages. The sodium content of Gatorade has been optimized to help the body hold onto water when rehydrating,¹¹ enhance taste and encourage drinking.¹² Beverages with lower sodium concentration may not be as effective as Gatorade at rehydrating your workers.¹¹

Food	Sodium (mg)
Fast Food Chicken Breast	1,020
Fast Food Hamburger	520
Whole Wheat Bread, 1 slice	150
2% Milk, 8 oz.	130
Gatorade, 8 oz.	110

8. What powder flavors does Gatorade offer?

- Lemon-Lime
- Orange
- Fruit Punch
- Riptide Rush™ – A fruity blend of grape and red berry flavors
- Glacier Freeze® – A blend of citrus flavors with a touch of strawberry
- Fierce® Grape

50% of powder sales come from the top 3 flavors (Lemon-Lime, Orange, Fruit Punch),¹³ and the additional flavors add variety, providing our customers with an optimal flavor lineup.

9. In what flavors and forms is Propel offered?

Propel is offered in two forms: 700 mL ready to drink bottles and 0.2 oz. powder packets to be added to 500 mL of water. The 700 mL comes in a case of 24 and is offered in Lemon, Berry, Kiwi-Strawberry, and Grape flavors. The 0.2 oz. powder packets come in boxes of 30 (4 boxes to a case) and are offered in Berry and Kiwi-Strawberry flavors.

1. Roberts D. *J Occup Environ Hyg* 3:131-136, 2006. 2. Roberts D and Donnelly S. *Med Sci Sports Exerc* 38:S173, 2006. 3. Bates G, et al. *Int J Forest Eng* 12:27-32, 2001. 4. Gazey C, et al. *J Occup Health Safety* 12:457-61, 1996. 5. Clapp AJ, et al. *Am Ind Hyg Assoc J* 60:747-51, 1999. 6. Clapp AJ, et al. *Am Ind Hyg Assoc J* 61:692-99, 2000. 7. Roberts D. *J Med Sci Sports Exerc* 40:S160, 2008. 8. Bailey SP, et al. *Med Sci Sports Exerc* 41:S43, 2009. 9. Bailey SP, et al. *Mil Med* 173:187-192, 2008. 10. Byrne C, et al. *Mil Med* 170:715-21, 2005. 11. Vrijens, D.M. and Rehrer, N.J. *J Appl Physiol* 86:1847-1851, 1999. 12. Passe DH. In: *Sports Drinks. Basic Science and Practical Aspects*, 2001, pp.45-88. 13. YTD P9 internal shipment data.