



2010 GUIDE FOR PURCHASE

BASED ON GENERAL FLUID GUIDELINES

TOTAL GALLONS RECOMMENDED

		Number of Workers							
		25	50	100	150	200	250	500	1,000
Gallons Per Day (8 Hours)		27	53	106	159	212	265	530	1,060
Gallons Per Week (40 Hours)		135	265	530	795	1,060	1,325	2,650	5,300

Note: Recommendations based on approximate sweat rate of 0.5L/hr. Fluid needs may vary depending upon work environment, intensity, and individual hydration needs.
1 gallon = 128 fluid ounces

TOTAL CASES RECOMMENDED

		Number of Workers							
		25	50	100	150	200	250	500	1,000
Cases Per Day (8 Hours)	20 oz. / 24ct Case (3.75 Gallons/Case)	7	14	28	42	57	71	141	283
	16.9 oz. / 96ct Case Single-Serve Sticks (12.675 Gallons/Case)	2	4	8	13	17	21	42	84
	2.5 gal. / 32ct Case Powder Packet (80 Gallons/Case)	0	1	1	2	3	3	7	13
	1 qt. / 144ct Case Powder Packet (36 Gallons/Case)	1	1	3	4	6	7	15	29
	1 gal. / 40ct Case Powder Packet (40 Gallons/Case)	1	1	3	4	5	7	13	27
	6 gal. / 14ct Case Powder Packet (84 Gallons/Case)	0	1	1	2	3	3	6	13
Cases Per Week (40 Hours)	20 oz. / 24ct Case (3.75 Gallons/Case)	36	71	141	212	283	353	707	1,413
	16.9 oz. / 96ct Case Single-Serve Sticks (12.675 Gallons/Case)	11	21	42	63	84	105	209	418
	2.5 gal. / 32ct Case Powder Packet (80 Gallons/Case)	2	3	7	10	13	17	33	66
	1 qt. / 144ct Case Powder Packet (36 Gallons/Case)	4	7	15	22	29	37	74	147
	1 gal. / 40ct Case Powder Packet (40 Gallons/Case)	3	7	13	20	27	33	66	133
	6 gal. / 14ct Case Powder Packet (84 Gallons/Case)	2	3	6	9	13	16	32	63

Note: Case usage between Gatorade 2.5 and 6 gallon products are minimal for large end users. Less product waste when using smaller single-serve packages.