

## Nutritional Comparison of Sports Drink Products; 2015

All values are per 100mL.

All information obtained from nutritional panels on product and from company websites.



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connection®

	Energy (kj)	CHO (g)	Sugar (g)	Sodium (mg/mmol)	Potassium (mg/mmol)
<b>Sports Drink</b>					
Powerade Isotonic Sports Drink Blackcurrant	130	7.3	5.7	28.0 (1.2mmol)	14.1 (0.4mmol)
Powerade Isotonic Sports Drink Berry Ice	129	7.3	5.7	28.0 (1.2mmol)	14.1 (0.4mmol)
Powerade Isotonic Sports Drink Mountain Blast	129	7.3	5.7	28.0 (1.2mmol)	14.1 (0.4mmol)
Powerade Isotonic Sports Drink Lemon Lime	129	7.3	5.7	28.0 (1.2mmol)	14.1 (0.4mmol)
Powerade Isotonic Sports Drink Gold Rush	129	7.3	5.7	28.0 (1.2mmol)	14.1 (0.4mmol)
Powerade Zero Sports Drink Berry Ice	6.1	0.1	0.0	51.0 (2.2mmol)	-
Powerade Zero Sports Drink Mountain Blast	6.8	0.1	0.0	51.0 (2.2mmol)	-
Powerade Zero Sports Drink Lemon Lime	6.8	0.1	0.0	56.0 (2.2mmol)	-
Maximus Isotonic Sports Drink 'Suck It Up' (berry) *includes Mg 4mg and Ca 2mg	130	7.4	6.0	30.0	30.0
Maximus Isotonic Sports Drink 'Bring It On' (tropical) *includes Mg 4mg and Ca 2mg	130	7.4	6.0	30.0	30.0
Maximus Isotonic Sports Drink 'No Surrender' (orange) *includes Mg 4mg and Ca 2mg	130	7.4	6.0	30.0	30.0
Maximus Isotonic Sports Drink 'Go Hard' (lemon lime) *includes Mg 4mg and Ca 2mg	130	7.4	6.0	30.0	30.0
Gatorade Sports Drink Orange Ice	103	6.0	6.0	51.0 (2.3mmol)	22.5 (0.6mmol)
Gatorade Sports Drink Tropical	103	6.0	6.0	51.0 (2.3mmol)	22.5 (0.6mmol)
Gatorade Sports Drink Berry Chill	103	6.0	6.0	51.0 (2.3mmol)	22.5 (0.6mmol)
Gatorade Sports Drink Blue Bolt	103	6.0	6.0	51.0 (2.3mmol)	22.5 (0.6mmol)
Gatorade Sports Drink Lemon Lime	103	6.0	6.0	51.0 (2.3mmol)	22.5 (0.6mmol)
Gatorade Sports Drink Watermelon Chill	103	6.0	6.0	51.0 (2.3mmol)	22.5 (0.6mmol)
Gatorade Sports Drink Fierce Grape	103	6.0	6.0	51.0 (2.3mmol)	22.5 (0.6mmol)
Gatorade Endurance Blackberry *includes Ca 2.7mg, Chloride 40.9mg and Mg 1.4mg	108	6.2	6.2	84.0 (3.8mmol)	39.2 (1.0mmol)
100 Plus Isotonic Sports Drink *includes Ca 0.6mg, Chloride 39mg and Phosphate 17mg	113	6.8	6.8	48 (2.1mmol)	14 (0.4mmol)
<b>Sports Powder</b>					
Staminade Sports Powder Lemon Lime *includes Mg 2.9mg (0.12mmol)	106	6.0	4.4	37.9 (1.6mmol)	18.6 (0.5mmol)
Staminade Sports Powder Wild Berry Rush *includes Mg 2.9mg (0.12mmol)	106	6.0	4.4	37.9 (1.6mmol)	18.6 (0.5mmol)
Powerade Sports Powder Blackcurrant	99	5.7	5.7	55.0 (2.4mmol)	22.0 (0.6mmol)
Powerade Sports Powder Mountain Blast	99	5.6	5.6	54.0 (2.4mmol)	22.0 (0.6mmol)
Gatorade Sports Powder Berry Chill	110	6.3	6.3	51.0 (2.3mmol)	22.5 (0.6mmol)
Gatorade Sports Powder Lemon Lime	110	6.3	6.3	51.0 (2.3mmol)	22.5 (0.6mmol)
Gatorade Sports Powder Orange Ice	110	6.3	6.3	51.0 (2.3mmol)	22.5 (0.6mmol)

- denotes no value indicated on product nutritional panel

List compiled by Stacey Beech and Zoe Lucock