

Nutritional Comparison of Sports Drink Products; 2017

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)
Sports Drink					
Powerade Ion4 Isotonic Sports Drink Blackcurrant	104	5.8	5.8	28.0 (1.2mmol)	33 (0.9mmol)
Powerade Ion4 Isotonic Sports Drink Berry Ice	104	5.8	5.8	28.0 (1.2mmol)	33 (0.9mmol)
Powerade Ion4 Isotonic Sports Drink Mountain Blast	105	5.8	5.8	28.0 (1.2mmol)	33 (0.9mmol)
Powerade Ion4 Isotonic Sports Drink Lemon Lime	103	5.8	5.8	28.0 (1.2mmol)	33 (0.9mmol)
Powerade Ion4 Isotonic Sports Drink Gold Rush	103	5.8	5.8	28.0 (1.2mmol)	33 (0.9mmol)
Powerade Ion4 Isotonic Sports Drink Silver Charge	107	5.8	5.8	28.0 (1.2mmol)	33 (0.9mmol)
Powerade Ion4 Isotonic Sports Drink Pineapple Storm (+ coconut water)	97	5.5	5.5	38.0 (1.7mmol)	46 (1.2mmol)
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 Sports Drink Red Isotonic Sports Drink	133	7.5	6.0	31.0	-
Maximus Sports Drink Big O Isotonic Sports Drink	133	7.5	6.0	31.0	-
Maximus Sports Drink Green Isotonic Sports Drink	133	7.5	6.0	31.0	-
Maximus Sports Drink Big Squash Isotonic Sports Drink	133	7.5	6.0	31.0	-
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 Sports Fierce Pineapple	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)
Lucozade Original Energy Drink	309	18.5	9.1	<5mg	-
Lucozade Orange Energy Drink	300	17.6	14.1	<5mg	-
Sports Powder					
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
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