



Beverage Comparison Chart

Ingredients per 8 oz.	Carbohydrate Content (%)	Carbohydrate (g)	Carbohydrate Type	Calories	Sodium (mg)	Potassium (mg)	Carbonation	Caffeine
What to look for in a Sports Drink During Exercise <small>(11-14, 16, 19, 26, 29, 30)</small>	Less than 7% carbohydrate	14g	Sucrose, Glucose Fructose	50 – 60 calories	At least 100mg	At least 28mg	No	No
Sports Drinks								
Gatorade® The Gatorade Company	6%	14	Sucrose, Glucose, Fructose	50	110	30	No	No
Accelerade Pacific Health Laboratories	7%	17	Sucrose, Fructose Maltodextrin	93	127	43	No	No
AllSport Monarch Beverages	9%	19-20	High Fructose Corn Syrup	70	55	55	No	No
Cytomax CytoSport, Inc.	8%	19	High Fructose Corn Syrup, Maltodextrin	80	50	55	No	Yes <small>(in some flavors)</small>
Endurox R4 Pacific Health Laboratories	15%	35	Crystalline Fructose, Glucose	187	153	93	No	No
Extran Thirst Quencher Mix Nutricia	5%	11	Fructose, Maltodextrin	45	3.3	2.8	No	No
Hydrade Hydrade Beverage Company	4%	10	High Fructose Corn Syrup	55	91	77	No	No
Met-RX Met-Rx, Inc.	8%	19	Fructose, Glucose	75	125	40	No	No
Metabolol Endurance Champion Nutrition	7%	16	Maltodextrin, Fructose	133	140	200	No	Yes
Powerade The Coca-Cola Company	8%	19	High Fructose Corn Syrup, Maltodextrin	70	55	30	No	No
Pro-Hydrator InterNutria, Inc.	0%	0	Glycerol is primary ingredient (no carbohydrate)	0	2.5	4.5	No	No
Revenge Champion Nutrition	4.2%	10	Maltodextrin, Fructose,	50	48	80	No	Yes
Ultima Ultima Replenisher	1.7%	4	Maltodextrin	16	8	16	No	No
Non Sports Drinks								
Regular Cola Caffeinated, carbonated cola	11%	26	High Fructose Corn Syrup, Sucrose	95	34	0	Yes	Yes
Orange Juice	11%	27	Sucrose, Fructose, Glucose	112	7	446	No	No
Pedialyte Ross Laboratories	2.5%	6	Glucose, Fructose	24	248	188	No	No
Red Bull Red Bull North America, Inc.	11%	27	Glucose, Sucrose	108	207	0	Yes	Yes
Rehydralyte Ross Laboratories	2.5%	6	Glucose	24	414	188	No	No
Water	0%	0	None	0	0	0	No	No

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