






For pure and effective hydration, GPS HYDRATION is the clear winner over G2®-Gatorade® and ION4® Powerade®.

Component	GPS HYDRATION 8 fluid ounce serving 	G2® - Gatorade® 8 fluid ounce serving 	ION4® Powerade® 8 fluid ounce serving 
Undesirable Ingredients	NO	Artificial colors	High fructose corn syrup, artificial colors, ester gum, coconut oil, brominated vegetable oil
Sugar	6g	1.25g	14g
Sodium (electrolyte)	100mg	110mg	100mg
Potassium (electrolyte)	180mg	25mg	25mg
Energy Pathway Support	YES Thiamine, Riboflavin, Niacin, Pyridoxine, Pantothenic Acid, Chromium, Folic acid, Vitamin B-12	NO	YES Vitamin B-12
Antioxidant Nutrients	YES Vitamin C, Beta-carotene	NO	NO
Free-form Amino Acids	YES 535mg L-glutamine, L-citrulline/malate, Taurine, Glycine, N A-L-carnitine	NO	NO
Adaptogenic Herbs	YES Golden Root/Rhodiola extract, Red Bush extract	NO	NO
Optimum Osmolarity for Rehydration	YES	NO	NO

Excellent
  OK
  Undesirable