

Table 3. Fluid and Electrolyte Composition in Various Beverages

Name of drink ¹	Cal	Fat ²	Na(mg)	K(mg)	K(mEq)	CHO ³	CHO%	Pro ²	Vit A ⁴	B3	B5	B6	B12	Vit C	Vit D	Vit E	Ca	Folate	Fe	Mg+	Zinc	
Apple juice 100% (Simply Apple)	120	0	5	250	6.4	30/28	12.5	0													2%	
Diet Coke	0	0	22.5	0	0	0	0	0														
Diet Pepsi	0	0	26	0	0	0	0	0														
Gatorade	25	0	110	30	0.8	7/7	2.9	0														
Gatorade A.M.	50	0	110	30	0.8	14/14	5.8	0						20%								
Gatorade (dry mix)	50	0	90	25	0.6	13/13	5.4	0														
Gatorade Endurance	50	0	200	90	2.3	14/14	5.8	0									<2%				<2%	
Gatorade Fierce	50	0	110	30	0.8	14/14	5.8	0		20%	20%	20%										
Gatorade G2	25	0	110	30	0.8	7/7	2.9	0		25%	25%	25%		10%		10%						
Gatorade Rain	50	0	110	30	0.8	14/14	5.8	0														
Gatorade Tiger	50	0	135	40	1	14/14	5.8	0														
Gatorade Tiger Focus	25	0	135	40	1	7/7	2.9	0								10%						
Gatorade X Factor	50	0	110	30	0.8	14/14	5.8	0								20%						
Life Water (Sobe)	40	0	20	0	0	16/10	6.7	0		10%	10%	10%	10%	100%		20%						
Milk Fat-free (Prairie Farms)	80	0	120	382	9.8	11/11	4.6	8	10%					2%	25%		30%					
Milk 2% (Nature's Pride)	130	5	130	366	9.4	12/12	5	8	10%					4%	25%		30%					
Orange juice 100% (Orchid Is.)	110	0	0	500	12.8	25/21	10.4	2		4%		4%	15%	140%				20%	2%			
Pedialyte (flavored)	24		212	183	4.7	6	2.5	0														
Powerade	56	0	112.5	28.5	0.7	15/15	6.3	0		11%		11%	11%									
Powerade Adv. Electrolyte Ion4	50	0	100	25	0.6	14/14	5.8	0		10%		10%	10%									
Powerade Zero	0	0	55	35	0.9	0	0	0		10%		10%	10%									
Propel (made by Gatorade)	10	0	70	0	0	2/2	0.8	0		25%	25%	25%		10%		10%						
Propel Fit Water	10	0	5	0	0	2/2	0.8	0		25%	25%	25%	4%				10%					
Propel Fit (dry mix)	10	0	30	0	0	3/3	1.3	0		25%	25%	25%	25%	10%								
Root Beer (Mug)	120	0	49	0	0	43/43	18	0														
Red Bull (8.3 oz) ⁵	110	0	200	0	0	28/28	11.7	<1		100%	50%	250%	80%									
Smart Water (Glaceau)	0	0	2.5	2.5	0.06	0	0	0													4%	
Snapple Antioxidant Water	50	0	0	0	0	13/13	5.4	0	10%	20%	20%	20%	20%			10%	2%				2%	2%
Vitamin Water (Glaceau) ⁶	50	0	0	0	0	13/13	5.4	0														

1. All values are based on a measurement of eight (8) fluid ounces and taken from label on bottle or can.
2. Fat and protein are measured in grams.
3. Carbohydrates with two values are the total carbohydrates in grams over the sugars in grams.
4. Percent daily values (DV) of all vitamins and minerals are based on a 2000 calorie diet.
5. Contains taurine, glucuronolactone, and caffeine but no amounts listed.
6. Glaceau Vitamin Water has varied amounts of added vitamins and stimulants depending upon flavor. Included only basic caloric and electrolyte content that is the same for all flavors.

Optimal drink during exercise

Optimal drink after exercise