

# Comparison Table – Leading Sports Drinks and Electrolyte Products

SPORT DRINK	Carbohydrates/ Sugars*	Electrolytes and Mineral Complexes	Amino Acids	Osmolytes	E L E C T R O L Y T E S				Vitamin C	B-12	Folic Acid	Natural
					Potassium	Magnesium	Calcium	Sodium*				
	<b>2 Grams</b>	<b>70+</b>	<b>YES</b>	<b>YES</b>	<b>200 MG</b>	<b>100 MG</b>	<b>50 MG</b>	<b>40 MG</b>	<b>1000 MG</b>	<b>30 Mcg</b>	<b>400 Mcg</b>	<b>YES</b>
EMERGEN-C	6 Grams	39	NONE	NONE	200 MG	60 MG	50 MG	60 MG	1000 MG	25 Mcg	12.5 Mcg	YES
REPLENISHER	3 Grams	13	NONE	NONE	75 MG	12 MG	41 MG	37.5 MG	100 MG	3 Mcg	50 Mcg	YES
GATORADE	14 Grams	2	NONE	NONE	30 MG	0 MG	0 MG	110 MG	NONE	NONE	NONE	NO
GU2	26 Grams	2	NONE	NONE	40MG	0 MG	0 MG	240 MG	NONE	NONE	NONE	YES
CYTOMAX	22 Grams	3	NONE	NONE	60 MG	140 MG	60 MG	120 MG	60 MG	NONE	NONE	NO
VITAMIN WATER	33.5 Grams	0	NONE	NONE	0 MG	0 MG	0 MG	0 MG	90 MG	NONE	NONE	YES
AMINOVITAL	18 Grams	4	YES	NONE	180 MG	0 MG	88 MG	20 MG	150 MG	NONE	NONE	NO
PROPEL	3 MG	2	NONE	NONE	0 MG	0 MG	0 MG	35 MG	9 MG	2.5 Mcg	NONE	NO

\* LOWER AMOUNTS IN THESE CATEGORIES ARE PREFERABLE