



# REHYDRATE vs. Gatorade Comparison



**Rehydrate**



**Gatorade**

- 1. Carbohydrate:**  
Contains a sequential carbohydrate profile of Krebs Cycle substrates, glucose polymers, and fructose for sustained energy. Low glycemic index for minimal insulin response. Precisely formulated for isotonicity, thereby providing **quick gastric emptying and effective rehydration.**
- 2. Electrolytes:**  
Provides a **balanced (1:1) electrolyte comparison of sodium and potassium** to replenish these vital elements lost in sweat and urine. Helps maintain proper cellular pH and optimize muscle energetics.
- 3. Mineral composition:**  
Supplies calcium and magnesium which are vital to muscle physiology and energetics through Ca-Mg dependent ATPase. Benefits both the contraction and the relaxation phases of muscle activity for full power and **reduced cramping and quicker recovery.**
- 4. Antioxidants:**  
Helps **protect against exercise-induced free radical damage** by inclusion of beta-carotene and ascorbic acid (Vitamin C).
- 5. Energy cycle cofactors:**  
Provides a spectrum of coenzymes and catalysts for energy production through glycolysis, Krebs Cycle, and oxidative phosphorylation. **Optimizes the conversion of macronutrients into energy.**
- 6. L-Glutamine:**  
**This important amino acid is included to help buffer and process lactic acid** produced through physical activity, thereby preventing **muscle-cramping and reducing proneness to injury.** Also serves as an energy source for mental function.
- 7. L-Arginine:**  
This cutting-edge drink mix delivers L-arginine and other nutrients to support muscle strength, function and performance. **Important for muscle power reserves.**
- 8. Chromium:**  
Essential trace mineral for **proper carbohydrate metabolism**, chromium is provided to assist the muscles and organs to efficiently utilize the carbohydrates supplied in the formula.

Contains sucrose and glucose as sole carbohydrate sources which gives an energy boost but subsequent energy letdown due to evoked insulin response. Formulated isotonicity for carbohydrate profile.

Replenishes sodium 4:1 over potassium, potentially leading to imbalance of electrolytes in the muscle cell membranes and throughout the organs. Low level of potassium can adversely effect tissue rehydration.

**Does not contain essential minerals.**

**Does not provide these essential nutrients.**

**Does not provide these essential nutrients.**

**Does not provide this nutrient.**

**Does not provide this nutrient.**

**Does not contain this essential mineral.**