

# **GATORADE ENDURANCE**

## **FREQUENTLY ASKED QUESTIONS**



### **What is the difference between Gatorade Thirst Quencher and Gatorade Endurance Formula?**

- Gatorade Endurance Formula provides hydration and fuel during prolonged training and racing when fluid and electrolyte losses can be significant. It has 2x the sodium and 3x the potassium as Gatorade Thirst Quencher.

### **When should an athlete consume Gatorade Endurance Formula?**

- Gatorade Endurance Formula can be consumed before, during and after endurance training or racing.

### **Do any Gatorade Endurance products contain caffeine?**

- No

### **Where can I buy Gatorade Endurance Formula?**

- Gatorade Endurance Formula can be purchased at [Gatorade.com/Endurance](https://www.gatorade.com/Endurance), Amazon, as well as sports specialty run, tri and bike retailers.

### **Are Gatorade Endurance products gluten-free?**

- While PepsiCo does not currently make gluten-free label claims for our beverages, none of the ingredients in Gatorade Endurance products are derived from grains or flours that have been linked to gluten sensitivity.

### **Are Gatorade Endurance products Kosher certified?**

- At this time only Gatorade Endurance Formula ready-to-drink is certified Kosher.
- Consumers will be able to look for the Orthodox Union certified Kosher symbol of the OU on product labels to identify Kosher certification.