

# Sport Drinks

## All Sport

Body Quencher... Orange with Other Natural Flavors

Ingredients: Water, High Fructose Corn Syrup, Carbon Dioxide, Citric Acid, Sodium Polyphosphates, Potassium Benzoate (Preserves Freshness), Monopotassium phosphate, Sodium Chloride, Phosphoric Acid, Gum Arabic, Purity Gum, Natural Flavors, Calcium Chloride, Ester Gum, Yellow 6, Calcium Disodium EDTA (to Protect Flavor), B Vitamins: Niacinamide, Calcium Pantothenate, Thiamine Mononitrate, Pyridoxine Hydrochloride and Vitamin B12.

## Gatorade

Thirst Quencher... Lemon-Lime

Natural Lemon and Lime Flavors with Other Natural Flavors

Ingredients: Water, Sucrose Syrup, Glucose-Fructose Syrup, Citric Acid, Natural Lemon and Lime Flavors with Other Natural Flavors, Salt, Sodium Citrate, Monopotassium Phosphate, Ester Gum, Yellow 5.

## Powerade

Liquid Hydration-Energy Drink... Lemon-Lime with B Vitamins

No Lemon/Lime Juice... Low Sodium

Ingredients: Water, High Fructose Corn Syrup, Maltodextrin (Glucose Polymers), Citric Acid, Acacia, Potassium Citrate, Salt, Potassium Phosphate, Natural Flavors, Glycerol Ester of Wood Rosin, Niacinamide, Brominated Vegetable Oil, Yellow 5, Pyridoxine Hydrochloride, Cyanacobalamin.

## DWF

Directions: Mix 1 cup of skim milk with 1/8 teaspoon of pure vanilla extract and 1 teaspoon of sugar. **Kids love it.** This drink is made of all natural ingredients... has significantly less sugar.

# DarWIN Formula (DWF)\*

**Sports Drink  
No Caffeine,  
Low Sugar,  
Natural Ingredients**

Nutrient Composition:  
Total Calories 50 Kcal;  
Protein 4 g; Carbohydrates 8 g;  
Added Sugar 2 g;  
Fat <1 g; Sodium 51 mg;  
Potassium 192 mg.  
Serving Size 4 fl. oz.



**DWF is a natural sports drink designed to rapidly replace electrolytes and carbohydrates during passive recovery to maximize the uptake of muscle glycogen for energy. \*** Patent Pending: DINE Systems, Inc.

# Nutrient Comparisons

<b>Nutrients per 8 fl oz</b>	<b>Gatorade</b>	<b>All Sport</b>	<b>Powerade</b>	<b><u>DWE</u></b>
Kcal	50	70	72	<b>101</b>
Protein (g)	0	0	0	<b>8</b>
Fat (g)	0	0	0	<b>&lt;1</b>
CHO (g)	14	20	18	<b>16</b>
Added Sugars (g)	14	19	15	<b>4</b>
Nat-Occur Sugars (g)	0	0	0	<b>12</b>
Na (mg)	110	55	55	<b>103</b>
K (mg)	30	50	30	<b>383</b>
Ca (mg)	0	0	0	<b>306</b>
Iron (mg)	0	0	0	<b>tr</b>
Vit C (mg)	0	0	0	<b>0</b>
Vit A (RE)	0	0	0	<b>149</b>