



POWERADE

F1F076 - Bib Powerade Lemon Lime 2.5 Ga 0238

The ION4 Advanced Electrolyte System helps replenish four electrolytes lost in sweat. POWERADE is formulated with a 6% carbohydrate solution to help provide energy to working muscles, and vitamins B3, B6 and B12.



Nutrition Facts

Servings per Container 64
Serving size 12oz (12floc)

Amount per serving
Calories 60

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 16g	6%
Dietary Fiber 0g	0%
Total Sugars 15g	
Includes Added Sugar	%
Protein 0g	
Vitamin D	0%
Calcium	0%
Iron	0%
Potassium 45mg	1%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Benefits

Powered by unique ION4 Advanced Electrolyte System to help replenish the four electrolytes you lose when you sweat: sodium, potassium, calcium and magnesium.
A 6% carbohydrate solution gives you the energy power through.
Everything a sports drink should be plus vitamins B3, B6 and B12.
Hydrating your game with the taste of lemon lime.
Sweat, hydrate, help replenish electrolytes, repeat.

Ingredients

Water, High Fructose Corn Syrup, Citric Acid, Salt, Potassium Citrate, Potassium Benzoate, Potassium Sorbate, Modified Food Starch, Potassium Phosphate, Natural Flavors, Glycerol Ester of Rosin, Guar Gum, Niacinamide, Coconut Oil, Brominated Vegetable Oil, Yellow #3, Pyridoxine Hydrochloride (Vitamin B6), Cyanocobalamin (Vitamin B12)

Allergens

Handling Suggestions

Store product in a cool, dry place off of the floor. Protect from freezing.

Serving Suggestions

One gallon of syrup yields 768 fluid ounces of beverage.

Prep & Cooking Suggestions

5 to 1

Product Specifications

Brand	Manufacturer	Product Category
POWERADE	The Coca-Cola Company	Soda & Shake Syrup

MFG #	SPC #	GTIN	Pack	Pack Desc.
02380298	F1F076	00049000983043	1	1 / ea

Gross Weight	Net Weight	Catch Weight	Country of Origin	Kosher	Child Nutrition
25.03lb	23.95lb	No	USA		No

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
15.31in	11.44in	4.44in	0.45ft3	10x10	75DAYS	52°F / 86°F



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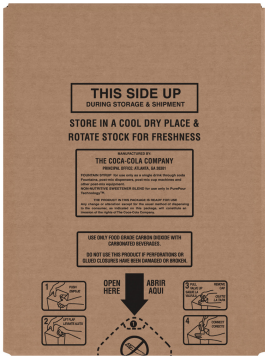
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Nutrition Analysis - By Serving

Calories	60	Total Fat	0g	Sodium	55mg
Protein	0	Trans Fats	0g	Calcium	
Total Carbohydrates...	16g	Saturated Fat	0g	Iron	
Sugars	15g	Added Sugars		Potassium	45mg
Dietary Fiber	0g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

Additional Images



WATER, HIGH FRUCTOSE CORN SYRUP, CITRIC ACID, SALT, POTASSIUM CITRATE, POTASSIUM BENZOATE, POTASSIUM SORBATE, MODIFIED FOOD STARCH, POTASSIUM PHOSPHATE, NATURAL FLAVORS, GLYCEROL ESTER OF ROSIN, GUAR GUM, NIACINAMIDE, COCONUT OIL, BROMINATED VEGETABLE OIL, YELLOW #3, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), CYANOCOBALAMIN (VITAMIN B12)

