



**SERIES
PRO**

NEW



G SERIES PRO

Originally developed exclusively for college and pro athletes, G Series Pro is an elite line of sports nutrition products from Gatorade. Grounded in years of hydration and sports nutrition research conducted by the Gatorade Sports Science Institute and used by some of the world's best athletes, the G Series Pro line of products delivers the fuel, fluids and nutrients elite athletes need before, during and after a workout, practice or competition. G Series Pro is distinct from the recently launched G Series and represents the pinnacle of the Gatorade sports performance range. Now for the first time, G Series Pro is only available at Dick's Sporting Goods and GNC.

01 BEFORE ACTIVITY

G SERIES PRO NUTRITION SHAKE

Helps elite athletes meet their daily calorie needs to optimize performance. Provides high-quality milk protein isolate, plus 15 vitamins and minerals for muscle metabolism and energy to promote normal muscle adaptation resulting from training.



- > **Usage Times:** Drink three to four hours before training or competition
- Nutrition Information** (11-oz container, Vanilla)
- > **Calories:** 370
- > **Electrolytes:** 280mg Sodium and 400mg Potassium
- > **Vitamins and minerals:**

20% DV Vitamin A	100% DV Vitamin C
30% DV Calcium	10% DV Iron
25% DV Vitamin D	40% DV Vitamin E
20% DV Riboflavin	20% DV Vitamin B6
20% DV Vitamin B12	20% DV Biotin
20% DV Panthothenic Acid	15% DV Phosphorus
25% DV Iodine	20% DV Magnesium
35% DV Zinc	30% DV Manganese
- > **Carbohydrate:** 54g
- > **Protein:** 20g (milk protein isolates)
- > **Flavors:** Chocolate, Vanilla, Strawberry

G SERIES PRO NUTRITION BAR

A portable and convenient bridge between meals that helps elite athletes meet their daily calorie needs by providing a quality balance of macro-nutrients to help support optimal performance with a blend of 15 vitamins and minerals.



- > **Usage Times:** Consume one bar two or more hours before training or competition
- Nutrition Information** (50g bar, Peanut Butter Crunch)
- > **Calories:** 230
- > **Electrolytes:** 170mg Sodium and 430mg Potassium
- > **Vitamins and minerals:**

20% DV Vitamin A	50% DV Vitamin C
30% DV Calcium	4% DV Iron
50% DV Vitamin E	25% DV Thiamin
25% DV Riboflavin	45% Niacin
45% DV Vitamin B6	45% DV Vitamin B12
40% DV Panthothenic Acid	25% DV Phosphorus
10% DV Magnesium	
- > **Carbohydrate:** 38g
- > **Protein:** 10g
- > **Flavors:** Chocolate Chip, Peanut Butter Crunch, Oatmeal Raisin

G SERIES PRO CARBOHYDRATE ENERGY DRINK

A concentrated carbohydrate source for effective glycogen loading. With both slowly and quickly utilized carbohydrate, consuming G Series Pro Carbohydrate Energy Drink prior to and in conjunction with Gatorade or G2 Perform during activity helps sustain carbohydrate utilization in working muscles.



- > **Usage Times:** Drink 60 minutes or more prior to competition or training
- Nutrition Information** (12-oz container)
- > **Calories:** 330
- > **Electrolytes:** 220mg Sodium, 60mg Potassium
- > **Vitamins and minerals:**

25% DV Niacin
25% DV Vitamin B6
25% DV Panthothenic Acid
- > **Carbohydrate:** 82g
- > **Protein:** 0g
- > **Flavors:** Grape, Fruit Punch, Orange

02 DURING ACTIVITY

G SERIES PRO ENDURANCE FORMULA

Available in ready-to-drink, powder and powder sticks, G Series Pro Endurance Formula delivers almost twice the sodium and more than three times the potassium of Gatorade Thirst Quencher to replace critical electrolytes lost in sweat and help maintain proper fluid balance.



- > **Usage Times:** Drink during activity to match sweat rates
- Nutrition Information** (8-oz serving)
- > **Calories:** 50
- > **Electrolytes:** 200mg Sodium, 90mg Potassium, 6mg Calcium, 3mg Magnesium
- > **Carbohydrate:** 14g
- > **Flavors:** Lemon-Lime, Fruit Punch, Orange

G SERIES PRO GATORLYTES

Electrolyte mix specially formulated for cramp-prone athletes and designed for use with G Series products.



- > **Usage Times:** For athletes prone to severe full-body cramps, add to Gatorade or G2 Perform to boost electrolyte concentration before and during activity
- Nutrition Information** (per packet)
- > **Calories:** 130
- > **Electrolytes:** 1060mg Sodium, 470mg Potassium, 70mg Calcium, 40mg Magnesium
- > **Carbohydrate:** 34g

03 AFTER ACTIVITY

G SERIES PRO PROTEIN RECOVERY SHAKE

Delivers carbohydrates for glycogen restoration and an effective amount of protein containing all the essential amino acids needed to help support muscle recovery after training or competition.



- > **Usage Times:** Consume one tetra-pack within 30-60 minutes after training or competition
- Nutrition Information** (per 8-oz serving, Chocolate)
- > **Calories:** 200
- > **Electrolytes:** 190mg Sodium, 270mg Potassium, 30% DV Calcium
- > **Carbohydrate:** 33g
- > **Protein:** 15g (casein and whey proteins)
- > **Flavors:** Chocolate, Vanilla, Strawberry