



**POWERADE with ION4 and
POWERADE Zero Nutrition
Information**

Serving Size Per 8fl. oz (240mL)	Calories	Total Carbohydrates (g)	Sugars (g)	Sodium (mg)	Potassium (mg)	Calcium (mg)	Niacin %RDI	Vitamin B6 %RDI	Vitamin B12 %RDI
Fruit Punch	50	14	14	100	25	3	10	10	10
Grape	50	14	14	100	25	3	10	10	10
Lemon-Lime	50	14	14	100	25	3	10	10	10
Mountain Blast	50	14	14	100	25	3	10	10	10
Orange	50	14	14	100	25	3	10	10	10
Strawberry Lemonade	50	14	14	100	25	3	10	10	10
White Cherry (formerly Arctic Shatter)	50	14	14	100	25	3	10	10	10
Sour Melon	50	14	14	100	25	3	10	10	10

The products listed above contain 0 grams total fat, 0 grams protein, and 0 mg caffeine.

Serving Size Per 8fl. oz (240mL)	Calories	Total Carb. (g)	Sugars (g)	Sodium (mg)	Potassium (mg)	Chloride (mg)	Caffeine (mg)	Sucralose (mg)	Acesulfame-Potassium (mg)	Niacin %RDI	Vitamin B6 %RDI	Vitamin B12 %RDI
Zero-Strawberry	3.0	0.1	0.1	55	33	79	0	21	6	10	10	10
Zero-Mixed Berry	1.9	0	0	55	33	79	0	21	6	10	10	10
Zero-Grape	2.0	0	0	55	33	79	0	21	6	10	10	10

These products contain 0 grams total fat and 0 grams protein.

Values are rounded to the nearest whole number. Values listed in this table may differ from those declared in the Nutrition Facts panels on packaging labels due to rounding rules required by the Food and Drug Administration (FDA). In addition, values listed in this table are per an 8-fluid ounce (240 mL) serving, which FDA requires as the reference amount for these beverages. Consequently, these values will differ from those declared in the Nutrition Facts panels on 12 ounce bottles or 11.5 ounce cans of POWERADE. FDA requires the nutrition information for beverage containers of 12 ounces or less to be based on a serving size equal to the net contents of the package rather than 8 fluid ounces. For more information or other ingredient-related questions, please call 1-800-343-0341, go to www.powerade.com or contact the Consumer Information Center, The Coca-Cola Company, P.O. Box 1734, Atlanta, GA 30301.