

Table 1

Hydration comparison per serving									
Brand	Sugar	Sodium	Potassium	Magnesium	Other contents	Energy Kcal			
Gatorade	36 gr	306 mg	135 mg	0		618 KJ			
GU hydration tabs	0	320 mg	Trace	Trace	Citric Acid, Sodium Bicarbonate, Sorbitol, Natural Flavors, Fructose, Potassium Bicarbonate, Sodium Carbonate, Stevia Leaf Extract, Sesame Oil, Vegetable Juice Color, Magnesium Oxide.	10 kj			
Secret training Hydration tabs	440mg	360mg	65mg	8.1 mg	Vitamins B1, B2, B6 Calcium 102 mg and Zinc 1.3 mg	29 KJ			
LMNT	0	1000mg	200 mg	60 mg		10 KJ			
OTE Hydration	60 mg	340 mg	22 mg	7mg	Vitamins B1,B2, B6 and Calcium 30 mg	34 KJ			
Nuun Hydration	1 gr	300 mg	150 mg			15 KJ			
Tailwind Hydration	50 gr	606 mg	Trace	Trace	non-gmo dextrose (glucose), non-gmo sucrose, citric acid, sodium citrate, sea salt, organic flavor, potassium chloride, magnesium citrate, calcium carbonate. gluten free/vegan/ no soy/no dairy	200 KJ			
SIS	.5 gr	800 mg	Trace	Trace	Vitamins B1, B2, B6	32 KJ			
Sponser	26 gr	220 mg	0	0		120 KJ			
		Indicates the highest value of content							