



Information was collected from brand website or actual product nutrition label. According to manufacturers, nutritional information can vary between website and packaging. Read actual product packaging for current nutritional information.

Product Name & Nutrition	UCAN Edge Gel	UCAN Bar Choc Almond Butter	Hammer Gel Raspberry	GU Liquid Energy Orange	GU Gel Choc Outrage	Roctane GU Gel Sea Salt Chocolate	Cliff Bloks Strawberry	Honey Stinger Waffle Honey	Honey Stinger Waffle Chocolate	Sport Beans Extreme Assorted Flavors
Calories	70	160	90	95	100	100	100 (3pc)	150	160	100
Fat	0	8g	0	0	1.5g	1.5	0	7g	9g	0
Saturated Fat	0	2g	0	0	1g	1	0	3g	4g	0
Trans Fat	0	0	0	0	0	0	0	0	0	0
Cholesterol	0	0	0	0	0	0	0	0	0	0
Sodium	55 mg	75mg	25mg	190mg	50mg	180mg	50mg	60mg	80mg	80mg
Total Carb	19g	23g	22g	23g	21g	19g	24mg	21g	19g	25g
Fiber	0	8g	0	0	0	0	0	1g	1g	0
Sugars	0	4g	3g	7g	8g	7g	12g	11g	11g	19g
Added Sugars	0	0	0	na	8g	7g	12g	11g	11g	19g
Sugar alcohol	5g	0	0	0	0	0	0	0	0	0
Protein	0	2g	0	0	0	0	0	1g	1g	0
Vitamin D	0	0	0	0	0	0	0	0	0	0
Calcium	10mg	20mg	0	0	30mg	30mg	0	10mg	10mg	0
Iron	0	1.1mg	0	0	0.5mg	0.5mg	0	0.5mg	1mg	0
Potassium	0	120mg	0	0	60mg	0	18mg	30mg	30mg	40mg
Phosphorus	0	0	0	0	0	0	0	0	0	0
Magnesium	0	0	0	0	0	0	0	0	0	0
Manganese	0	0	0	0	0	0	0	0	0	0
Chloride	0	0	0	0	0	0	0	0	0	0
Chromium	0	0	0	0	0	0	0	0	0	0
Vitamin C	180mg	0	0	0	0	0	0	0	0	6mg
Vit B (thiamine, Riboflavin, Niacin, Pantothenic acid, Biotin, Folic Acid)	0	0	0	0	0	0	0	0	0	Thiamin 0.2mg, Niacin 2mg, Ribo 0.2mg
Caffeine	0	0	0	20mg	0	35mg	0	0	0	50mg
Sugar type	Erythritol	Stevia	Maltodextrin, Dextros	Maltodextrin, Fructose	Maltodextrin Fructose	Maltodextrin, Fructose	Maltodextrin, Cane Sugar, Tapioca Syrup	Organic sugar & honey	Organic sugar & honey	Cane sugar, Tapioca Syrup
Notes:	15g Superstarch	10g Superstarch	Aminos	Aminos - 450mg		Aminos - 1425mg & MCTs	2 serv per container			

Use the blank spaces in the table to add nutritional information for your favorite products

Electrolytes: Common electrolytes noted in yellow

Key ingredients: Consider these key ingredients when choosing products

Tailwind Mandarin Orange	NUUN Endurance Strawberry Lemonade Caffeine	Nuun Sport Fruit Punch	Pedialyte Sport Fruit Punch	Gatorade Thirst Quencher Fruit Punch	Infinitt :Hydrate Strawberry Lemonade	Scratch Lab Strawberry Lemonade	Base Salt	Hammer Heed Drink Strawberry			
100	60	15	30	80	100	80	0	110			
0	0	0	0	0	0	0	0	0			
0	0	0	0	0	0	0	0	0			
0	0	0	0	0	0	0	0	0			
0	0	0	0	0	0	0	0	0			
303mg	380mg	300mg	490mg	160mg	200mg	380mg	290mg	60mg			
25mg	16g	4g	9g	22g	25g	20g	0	27g			
0	0	0	0	0	0	0	0	0			
25g	15g	1g	5g	21g	10g	18g	0	1			
na	15g	1g	5g	21g	10g	18g	0	0			
0	0	0	0	0	0	0	0	0			
0	0	0	0	0	0	0	0	0			
0	0	0	0	0	0	0	0	0			
26mg	15mg	13mg	0	0	13mg	43mg	3mg	57mg			
0	0	0	0	0	0	0	0	0			
88mg	200mg	150mg	470mg	50mg	50mg	38mg	2.6mg	25mg			
0	0	0	140mg	0	0	0	0	0			
14mg	20mg	25mg	40mg	0	20mg	38mg	12mg	31mg			
0	0	0	0	0	0	0	0	2mg			
0	80mg	40mg	690mg	0	0	0	442mg	0			
0	0	0	0	0	0	0	0	25mcg			
0	0	0	0	0	0	18mg	0	0			
0	0	0	0	0	0	0	0	9mg			
0	25mg	0	0	0	0	0	0	0			
Dextrose, Sucrose	Cane sugar, Dextros	Stevia Leaf Extract, Dextros	Dextrose	Sugar, Dextrose	Maltodextrin, Cane Sugar	Cane Sugar, Dextrose	na	Maltodextrin, Xylitol, Stevia			
No food, just liquid nutrition	Mix 16 oz water	Mix 16 oz	12 oz serving	12 oz serving	Mix half a packet with 12-16 oz	Mix 12-16 oz	Per 1/8 tsp. No liquid.	Aminos - 94mg Mix 16-28 oz			