



POWERA  
70064 - Powerade Mtn Blast Blue

Helping to keep you hydrated is our number one job. Giving it your all is yours. POWERADE is equipped with a unique Advanced Electrolyte Solution called ION4 that helps replace the four electrolytes lost when you sweat: sodium potassium calcium and magnesium. Which means more power for you. So dont sweat it. Or better yet do. POWERADE. More Power For Me.



Nutrition Facts

Servings per Container 1  
Serving size 1Bottle (20floz)

Amount per serving  
Calories 130

% Daily Value*	
Total Fat	0 g0%
Saturated Fat	0 g0%
Trans Fat	0 g
Cholesterol	0 mg0%
Sodium	400 mg17%
Total Carbohydrate	34 g12%
Dietary Fiber	0 g0%
Total Sugars	34 g
Includes 34 g Added Sugar	68%
Protein	0 g
Vitamin D	0 mcg0%
Calcium	0 mg0%
Iron	0 mg0%
Potassium	130 mg3%

\* 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

50% more electrolytes\* vs the leading sports drink

Ingredients

WATER, HIGH FRUCTOSE CORN SYRUP, LESS THAN 0.5% OF: CITRIC ACID, ELECTROLYTES (SALT, SODIUM CITRATE, MAGNESIUM AND CALCIUM CHLORIDES, MONO-POTASSIUM PHOSPHATE), VITAMINS B12 AND C (CYANOCOBALAMIN AND ASCORBIC ACID), NATURAL FLAVORS, MODIFIED FOOD STARCH, CALCIUM DISODIUM EDTA (TO PROTECT COLOR), MEDIUM CHAIN TRIGLYCERIDES, SUCROSE ACETATE ISOBUTYRATE, BLUE 1.

Allergens

Handling Suggestions

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

Serving Suggestions

1 Bottle

Prep & Cooking Suggestions

N/A

Product Specifications

Brand	Manufacturer
POWERA	The Coca-Cola Company

MFG #	SPC #	GTIN	Pack	Pack Desc.
3507-RI	70064	10049000007906	24	24 / 200.0 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
34.28 lb	31.68 lb	USA	Yes	No

Shipping Information						
Length	Width	Height	Volume	TLxHI	Shelf Life	Storage Temp From/To
17.52 in	11.58 in	8.09 in	0.95 ft3	9x6	273 DAYS	52 °F / 86 °F





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Nutrition Analysis - By Serving

Calories	130	Total Fat	0 g	Sodium	400 mg
Protein	0	Trans Fats	0 g	Calcium	0 mg
Total Carbohydrates...	34 g	Saturated Fat	0 g	Iron	0 mg
Sugars	34 g	Added Sugars	34 g	Potassium	130 mg
Dietary Fiber	0 g	Polyunsaturated Fat	0 g	Zinc	0
Lactose		Monounsaturated Fat	0 g	Phosphorus	
Sucrose		Cholesterol	0 mg		
Vitamin A(IU)•	0	Vitamin D	0 mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C	18 mg	Folate	0 mg	Riboflavin	0 mg
Magnesium		Vitamin B-6		Vitamin B-12•	
Monosodium		Sulphites		Nitrates	

Additional Images

