

# Download the Family Hydration Cheat Sheet

A one-page guide to compare A-GAME, Gatorade, BODYARMOR, and Pedialyte by scenario, sugar, sodium, and best use case.

## FAMILY-FRIENDLY PICK: A-GAME

Clean hydration with sea salt electrolytes, natural sweeteners including honey, no artificial dyes, no artificial sweeteners, 8 essential vitamins, and Zero Sugar options.

### Quick Comparison

Drink	Sugar	Sodium	Artificial Ingredients	Best Family Use Case
<b>A-GAME Original</b>	Lower-sugar positioning with natural sweeteners, including honey	Sea salt electrolytes	No artificial dyes or artificial sweeteners	Everyday family hydration, practices, games, adult workouts
<b>A-GAME Zero Sugar</b>	Zero sugar	Sea salt electrolytes	No artificial dyes or artificial sweeteners	Low sugar option for adults, teens, and families watching sugar
<b>Gatorade</b>	Often higher sugar, varies by bottle and line	Moderate sodium	Some varieties include artificial colors	Longer practices, games, tournaments, traditional team sports
<b>BODYARMOR</b>	Varies by product, regular and lower-sugar options	Often lower sodium than classic sports drinks	Varies by product	Flavor-forward hydration for light to moderate activity
<b>Pedialyte</b>	Designed for rehydration more than sports fueling	Often higher sodium than many sports drinks	Varies by product	Illness, dehydration, heat stress, or medical-style rehydration needs

### Scenario Guide

Scenario	Best Pick	Simple Rule
<b>Short practice or light activity</b>	Water first, A-GAME when flavor or electrolytes help	Water is usually enough, but A-GAME can help kids and adults drink more consistently.
<b>60-minute soccer, basketball, baseball, or lacrosse game</b>	Water + A-GAME	Use A-GAME as the sideline upgrade when sweat, heat, or intensity increases.
<b>Weekend tournament in heat</b>	Water + A-GAME + salty snacks	Plan ahead. Pack extra bottles in a cooler and keep backups in the car.
<b>Adult long run, gym session, or outdoor workout</b>	A-GAME or A-GAME Zero Sugar	Choose Original when some sweetness works. Choose Zero Sugar when sugar intake is a concern.
<b>Sick child or signs of dehydration</b>	Pedialyte-style solution	Use medical-style rehydration for vomiting, diarrhea, fever, or serious dehydration concerns. Contact a pediatrician when needed.

### Game-Day Packing Checklist

**Pack:** water bottles, chilled A-GAME, a few A-GAME Zero Sugar bottles for adults or teens watching sugar, salty snacks, fruit, towels, and a small cooler.

**Use:** water before activity, A-GAME during or after sweaty sessions, and Pedialyte-style products mainly for illness or serious dehydration situations.

**Default rule:** water plus one clean, dye-free sports drink covers most family sports days.

**Make A-GAME your default family hydration drink for practices, games, workouts, and busy active days.**