



Ready/Go® Hydration

is putting HEALTHY into Healthy Hydration!

READY/GO®

HYDRATION

+ Ready/Go® Electrolytes

	Ready/Go® Hydration by Nextteq® and True Citrus®					Sqwincher®			Gatorade®		All Sport®			LMNT		DripDrop®	Liquid I.V.®
																	
	Ready/Go® Hydration Strawberry Lemonade	Ready/Go® Hydration Orange Mango	Ready/Go® Hydration Watermelon Limeade	Ready/Go® Hydration ENERGY Blackberry Pomegranate	Ready/Go® Electrolytes	Sqwincher® QwikSERV(R) Fruit Punch Electrolyte Powder Mix -	Sqwincher® Qwik Stik® Zero - Fruit Punch Electrolyte Powder Mix -	Sqwincher® Zero Qwik Stik® Strawberry Lemonade, Mixed Berry, Orange, etc.	Gatorade® Thirst Quencher Powder Fruit Punch, Lemon Lime, Orange, etc	Gatorade® Zero Glacier Cherry, Orange, Glacier Freeze	All Sport Zero Fruit Punch	All Sport Zero Strawberry Banana	All Sport Zero Lemon Lime	Raspberry Salt	Raw Unflavored	DripDrop Zero Sugar Lemon Lime	Strawberry Lemonade
Serving Size	1 stick packet 16oz - 20 oz water	1 stick packet 16oz - 20oz water	1 stick packet 16oz - 20oz water	1 stick packet 16oz - 20oz water	1 packet 16-20oz Water, Sparkling Water, Tea or add to Anything!	1 stick packet 20oz water	1 stick packet 20oz water	1 stick packet 20oz water	1 stick packet 20oz water	1 stick packet 20oz water	1 stick packet 16- 20oz water	1 stick packet 16- 20oz water	1 stick packet 16- 20oz water	16-32 oz Water, Sparkling Water, Tea or smoothie	16-32 oz Water, Sparkling Water, Tea or smoothie	1 stick packet 16oz water	1 stick packet 16oz water
Simple & Clean Ingredients	✓	✓	✓	✓	✓	X	X	X	X	X	X	X	X	✓	✓	X	✓
Calories	10	10	10	0	0	140	5	5	130	5	5	5	5	10	0	10	40
Sugars	1g Cane Sugar	1g Cane Sugar	1g Cane Sugar	0g	0g	33g	0	0	32g	0	0	0	0	0g	0g	0g	10g
Carbs	3g	3g	3g	<1g	—	34g	1g	<1g	34g	0 or <1g	2g	2g	2g	2g	0g	3g	11g
Vitamins	—	—	—	100% Vitamin C (90mg)	—	160% Vitamin C (140mg)	160% Vitamin C (140mg)	160% Vitamin C (140mg)	—	—	90% Vitamin C (81mg)	90% Vitamin C (81mg)	90% Vitamin C (81mg)	—	—	80% Vitamin C (70mg)	70% Vitamin C (62mg)
Source of Energy	—	—	—	Natural Green Tea (120 mg Caffeine)	—	—	—	—	—	—	—	—	—	—	—	Several B Vitamins (5 Vitamins)	Several B Vitamins (8 Vitamins)
NO Artificial Colors	✓	✓	✓	✓	✓	X	X	X	X	X	X	X	X	✓	✓	✓	✓
NO Artificial Sweeteners	✓	✓	✓	✓	✓	X	X	X	X	X	X	X	X	✓	✓	X	✓
NO Artificial Flavors & Preservatives	✓	✓	✓	✓	✓	X	X	X	X	✓	X	X	X	✓	✓	✓	✓
Non-GMO	✓	✓	✓	✓	✓	Fruit Punch: Produced With Genetic Engineering	Fruit Punch: Produced With Genetic Engineering	✓	X	✓	X	X	X	✓	✓	✓	✓
Electrolytes *	—	—	—	—	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Electrolyte breakdown	—	—	—	—	2:1 Na/K ratio Sodium: 300mg Potassium: 150mg Magnesium: 60mg	—	1:1 Na/K ratio Sodium: 135mg Potassium: 110mg	—	3:1 Na/K ratio Sodium: 230mg Potassium: 70mg	—	—	1:1 Ratio Sodium 140mg Potassium: 150	—	5:1 Na/K ratio Sodium: 1000mg Potassium: 200mg Magnesium: 60mg	—	1.5:1 Na/K ratio Sodium: 330mg Potassium: 180mg Magnesium: 40mg	1.5:1 Na/K ratio Sodium: 510mg Potassium: 370mg
Ingredients	Crystalized Lemon (1), Cane Sugar, Stevia Leaf Extract, Natural Flavor, Beet Powder (Color).	Crystalized Lemon (1), Cane Sugar, Stevia Leaf Extract, Turmeric (Color).	Crystalized Lemon (1), Cane Sugar, Stevia Leaf Extract, Natural Flavor, Beet Powder (Color).	Citric Acid, Natural Flavor, Vegetable Juice (Color), Stevia Leaf Extract, Malic Acid, Caffeine (Green Tea Extract), Vitamin C (Ascorbic Acid), Lemon Juice Solids.	Pink Himalayan Salt, Potassium Chloride, Magnesium Malate.	Sugar (33g), Dextrose, Citric Acid, Potassium Citrate, Salt, Sodium Citrate, Potassium Phosphate, Sodium Phosphate, Vitamin C (Ascorbic Acid), Natural & Artificial Flavor Calcium Phosphate.	Citric Acid, Maltodextrin*, Potassium Citrate, Salt, Natural & Artificial Flavor [Includes Color (Red 40, Blue 1)], Ascorbic Acid (Vitamin C), Sodium Citrate, Potassium Phosphate, Sucralose, Calcium Phosphate.	Citric Acid, Maltodextrin*, Potassium Citrate, Salt, Natural & Artificial Flavor [Dyes vary with flavor but include (Yellow 6, Red 40, Blue 1)], Ascorbic Acid (Vitamin C), Sodium Citrate, Potassium Phosphate, Sucralose, Calcium Phosphate.	Sugar (32g), Dextrose, Citric Acid, Natural and Artificial Flavor, Salt, Monopotassium phosphate, Sodium Citrate, Monopotassium Phosphate, Calcium Silicate, modified Food Starch, [Dyes vary with flavor but include Caramel Color, Red 40, Yellow 5, Yellow 6].	Citric Acid, Natural Flavor Sodium Citrate, Salt, Monopotassium phosphate, Sucralose, Silicon Dioxide, Acesulfame Potassium, Dyes vary with flavor but can include (Yellow 6, Blue 1).	Citric acid, Monopotassium Phosphate, Salt, Natural and Artificial Flavors, Maltodextrin, Potassium Citrate, Aspartame, Ascorbic Acid (Vitamin C), contains less than 2% of: Red 40, Xanthan Gum, Acesulfame Potassium, Calcium Silicate.	Citric acid, Monopotassium Phosphate, Salt, Aspartame, Natural and Artificial Flavors, Malic Acid, Potassium Citrate, Ascorbic Acid (Vitamin C), contains less than 2% of: Monocalcium Phosphate, Acesulfame Potassium, Magnesium Oxide, Calcium Silicate, Artificial color, Red 40, Blue 1, Yellow 5.	Citric acid, Monopotassium Phosphate, Salt, Natural and Artificial Flavors, Maltodextrin, Potassium Citrate, Aspartame, Ascorbic Acid (Vitamin C), contains less than 2% of: Acesulfame Potassium, Calcium Silicate, Yellow 5.	Salt (Sodium Chloride), Citric Acid, Magnesium Malate, Potassium Chloride, Natural Flavor, Stevia Leaf Extract.	Salt (Sodium Chloride), Magnesium Malate, Potassium Chloride.	Citric Acid, Sodium Citrate, Potassium Citrate, Potassium Chloride, Natural Flavor, Salt, Ascorbic Acid (Vitamin C), Silicon Dioxide, mMaltodextrin, Sucralose, Turmeric (Color), Niacinamide (Vitamin B3), Zinc, Aspartate, D-calcium Pantothenate (Vitamin B5), Acesulfame Potassium, Pyridoxine Hydrochloride (Vitamin B6), Cyanocobalamin (Vitamin B12).	Cane Sugar, Dextrose, Citric Acid, Salt, Potassium Citrate, Sodium Citrate, Dipotassium Phosphate, Silicon Dioxide, Vitamin C (Ascorbic Acid), Spirulina Extract (Color) Vitamin B3 (Niacinamide), Vitamin B5 (Calcium D-Pantothenate), Natural Flavors, Vitamin B6 (Pyridoxine Hydrochloride), Vitamin B12 (Cyanocobalamin).
Caution: Using Ready/Go® Hydration products may make you HEALTHY!					Caution: LOOK AT INGREDIENTS					Caution: 1000mg Sodium					Caution: Vitamin Heavy		

(1) Crystalized Lemon (Citric Acid, Lemon Oil, Lemon Juice)

NOTE 1: Nextteq® International Ready/Go® Hydration products support OSHA guidelines for a Healthy Workplace. OSHA recommends that during moderate activity, in moderately hot conditions, one should drink approx. 16oz every 30 min. Eating regular meals and snacks provides enough salt and electrolytes to replace those lost though perspiration as long as enough water is consumed.

NOTE 2: All information obtained from product packaging available 12/2025

* While it's unnecessary to drink electrolyte-enhanced beverages all the time, they may be beneficial during prolonged exercise, in hot environments or if you're ill with vomiting or diarrhea. But just like anything, too many electrolytes can be unhealthy: Too much sodium, formally referred to as hypernatremia, can cause dizziness, vomiting, and diarrhea. Too much potassium, known as hyperkalemia, can impact your kidney function and cause heart arrhythmia, nausea, and an irregular pulse.