

# Ready/Go® Hydration is putting **HEALTHY** into Healthy Hydration!

# READY/GO<sup>®</sup>

# HYDRATION

+ Ready/Go<sup>®</sup> Electrolytes

Ready/Go® Hydration by Nextteq® and True Citrus®					Sqwincer®			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	Sqwincer® QwikSERV(R) Fruit Punch Electrolyte Powder Mix -	Sqwincer® Qwik Stik® Zero - Fruit Punch Electrolyte Powder	Sqwincer® 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				
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	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	✓	✓			
Calories	10	10	10	0	0	140	5	5	130	5	5	5	10	0	10	40	40			
Sugars	1g Cane Sugar	1g Cane Sugar	1g Cane Sugar	0g	0g	33g	0	0	32g	0	0	0	0g	0g	0g	10g	10g			
Carbs	3g	3g	3g	<1g	—	34g	1g	<1g	34g	0 or <1g	2g	2g	2g	0g	3g	11g	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	✓	✓	✓	✓	✓			
NO Artificial Sweeteners	✓	✓	✓	✓	✓	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	✓	✓	✓	✓	✓			
Electrolytes *	—	—	—	—	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓			
Electrolyte breakdown	—	—	—	—	2:1 Na/K ratio Sodium: 300mg Potassium: 150mg Magnesium: 60mg	1:1 Na/K ratio Sodium: 135mg Potassium: 110mg	1:1 Na/K ratio Sodium: 230mg Potassium: 70mg	3:1 Na/K ratio Sodium: 140mg Potassium: 150	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: 30mg Magnesium: 60mg	1:5:1 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: 30mg Magnesium: 60mg	1:5:1 Na/K ratio Sodium: 1000mg Potassium: 200mg Magnesium: 60mg	1:5:1 Na/K ratio Sodium: 330mg Potassium: 180mg Magnesium: 40mg			
Ingredients	Crystallized Lemon (1), Cane Sugar, Stevia Leaf Extract, Natural Flavor, Beet Powder (Color).	Crystallized Lemon (1), Cane Sugar, Stevia Leaf Extract, Natural Flavor, Turmeric (Color).	Crystallized Lemon (1), Cane Sugar, Stevia Leaf Extract, Natural Flavor, Beet Powder (Color).	Citric Acid, Natural Flavor, Vegetable Juice (Color), Beet Powder (Color).	Pink Himalayan Salt, Potassium Chloride, Magnesium Malate.	Sugar (33g), Dextrose	Citric Acid, Maltodextrin*, Potassium Citrate, Salt, Natural & Artificial Flavor [Includes Color (Red 40, Blue 1)], Caffeine (Green Tea Extract), Vitamin C (Ascorbic Acid), Lemon Juice Solids.	Citric Acid, Maltodextrin*, Potassium Citrate, Salt, Natural & Artificial Flavor [Includes Color (Red 40, Blue 1)], Ascorbic Acid (Vitamin C), Sodium Citrate, Potassium Phosphate, Color (Red 40, Blue 1), Ascorbic Acid (Vitamin C), 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, Color (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, Sodium Citrate, Potassium Citrate, Monopotassium phosphate, Monopotassium phosphate, Calcium Silicate, modified Food Starch, [Dyes vary with flavor but include Caramel Color, Red 40, Yellow 5, Yellow 6], Ascorbic Acid (Vitamin C), Sodium Citrate, Potassium Phosphate, Sodium Phosphate, Sucralose, Calcium Phosphate.	Citric Acid, Maltodextrin*, Potassium Citrate, Salt, Natural and Artificial Flavors, Monopotassium phosphate, Monopotassium phosphate, Malto-dextrin, Silicon Dioxide, Aspartame, Ascorbic Acid (Vitamin C), contains less than 2% of: Red 40, Xanthan Gum, Acesulfame Potassium, Acesulfame Potassium, Magnesium Oxide, Calcium Silicate, Artificial color, Red 40, Blue 1, Yellow 5.	Citric acid, Monopotassium Phosphate, Salt, Natural and Artificial Flavors, Monopotassium phosphate, Monopotassium phosphate, Malto-dextrin, Silicon Dioxide, Aspartame, Ascorbic Acid (Vitamin C), contains less than 2% of: Monocalcium Phosphate, Acesulfame Potassium, Calcium Silicate, Ascorbic Acid (Vitamin C), contains less than 2% of: Acesulfame Potassium, Calcium Silicate, Magnesium Oxide, Calcium Silicate, Artificial color, Red 40, Blue 1, Yellow 5.	Citric acid, Monopotassium Phosphate, Salt, Natural and Artificial Flavors, Monopotassium phosphate, Monopotassium phosphate, Malto-dextrin, Silicon Dioxide, Aspartame, Ascorbic Acid (Vitamin C), contains less than 2% of: Monocalcium Phosphate, Acesulfame Potassium, Calcium Silicate, Ascorbic Acid (Vitamin C), contains less than 2% of: Acesulfame Potassium, Calcium Silicate, Magnesium Oxide, Calcium Silicate, Artificial color, Red 40, Blue 1, Yellow 5.	Salt (Sodium Chloride), Citric Acid, Magnesium Malate, Potassium Chloride.	Salt (Sodium Chloride), Citric Acid, Magnesium Malate, Potassium Chloride.	Citric Acid, Dextrose, Citric Acid, Magnesium Malate, Potassium Chloride, Natural Flavor, Salt, Potassium Citrate, Sodium Citrate, Potassium Citrate, Natural Flavor, Salt, Ascorbic Acid (Vitamin C), Dipotassium Phosphate, Silicon Dioxide, mMalto-dextrin, 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, Magnesium Malate, Potassium Chloride, Natural Flavor, Salt, Potassium Citrate, Sodium Citrate, Potassium Citrate, Natural Flavor, Salt, Ascorbic Acid (Vitamin C), Dipotassium Phosphate, Silicon Dioxide, mMalto-dextrin, Sucralose, Turmeric (Color), Niacinamide (Vitamin B3), Zinc, Aspartate, D-calcium Pantothenate (Vitamin B5), Acesulfame Potassium, Pyridoxine Hydrochloride (Vitamin B6), Cyanocobalamin (Vitamin B12).			
Caution: Using Ready/Go® Hydration products may make you HEALTHY!					Caution: LOOK AT INGREDIENTS					Caution: 1000mg Sodium					Caution: Vitamin Heavy					

(1) Crystallized 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 through 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.

The logo for Nextteq International. It features the word "NEXTTEQ" in a bold, stylized font where the letters are interconnected. The letters "N", "E", "X", "T", "T", and "Q" are in black, while "E" and "T" are in red. A registered trademark symbol (®) is located in the top right corner of the "Q". Below "NEXTTEQ", the word "INTERNATIONAL" is written in a smaller, bold, black, sans-serif font.

We Support  
**OSHA**  
guidelines for  
Healthy Hydration

