

Product Type	Powerade energy drink
Powerade energy	Ingredients (for Powerade) <ul style="list-style-type: none"> • Water • High fructose corn syrup (HFCS) or sucrose (depending on region) – provides carbohydrates for energy. • Citric acid – to provide tartness and act as a preservative. • Electrolytes (such as sodium chloride (salt), potassium citrate, magnesium lactate, and calcium chloride) – to replenish the body's minerals lost during exercise and maintain proper fluid balance. • Artificial and natural flavors – for taste. • Color additives (such as Red 40, Yellow 5, etc., depending on the flavor). • B-Vitamins (such as Niacin (B3), Pantothenic Acid (B5), Vitamin B6, Vitamin B12) – to support energy metabolism. • Preservatives (e.g., Sodium benzoate, Potassium sorbate). • Caffeine: Powerade does not typically contain caffeine unless it's a special variant like Powerade Energy.