

Forum:[Hack Forums](#)

Thread: [Gatorade is great hydration drink](#)

RangoWorld - October 25, 2025, 12:02 pm

This is not an Ad. Gatorade doesn't pay me.

I think it is a great hydration drink. Underrated. Better than all the sodas, artificial juices, beer, energy drinks, etc.

Of course you can and should drink water. But there's only so much you can drink without it getting uninteresting to your taste buds.

It provides you with electrolytes as well.

Do you drink Gatorade? If not what's your go to hydration drink?

EDIT: Just to make it clear I usually drink it after a hard workout or running session.

php - October 25, 2025, 12:02 pm

Gatorade is 40 grams of sugar in a bottle the size of my hand

Deany - October 25, 2025, 12:03 pm

I like the purple and orange flavor

Yin Yang - October 25, 2025, 12:08 pm

I prefer no sugar and 0 cal

Yakless - October 25, 2025, 12:15 pm

Blue Powerade tastes better

jcole - October 25, 2025, 12:17 pm

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Gatorade has high fructose corn syrup. You should try Waterboy an electrolyte drink mix.

Michael - October 25, 2025, 3:19 pm

Yeah, it's a nice drink.

Palestine - October 25, 2025, 3:36 pm

Gatorade is not bad especially when I'm really active and playing sports. Otherwise you wouldn't see me drinking it casually at home on a Saturday night lol

Astaroth - October 25, 2025, 7:22 pm

Never tasted Gatorade, only know about it from watching TV. It always makes me think of Crocodiles, Aligators, and "HostGator". ?

Isn't "Cool-ade" also a refreshing drink? ?

Jinu - October 25, 2025, 11:28 pm

I usually stick to water for most of the day, but I get what you mean. After a tough workout, something like Gatorade really hits the spot. I've tried electrolyte drinks too, like Powerade or those coconut water ones, but Gatorade is definitely reliable and easy to find.

sharn - October 26, 2025, 1:37 am

I sometimes grab a Gatorade after gym sessions.
It brings me back faster than water alone.

Pimping - October 29, 2025, 11:22 pm

I agree but the issue is the amount of sugar in it
tastes great though i love the lemon lime and fruit punch

DAL-SHA - October 30, 2025, 2:02 am

Well , i prefer no sugar and minimal amount of calories drinks .. Electrolytes FTW..??

B3A - October 30, 2025, 5:09 pm

I personally don't like it. I don't think it adds any value to my day .. I mean like I won't wake up to go and buy one

Pimping - November 1, 2025, 10:37 pm

Sipping on a fruit punch gatorade right now
best flavor besides lemon lime. anyone recommend any new flavors that are good

FriedChicken666 - November 26, 2025, 8:12 pm

Brawndo : It's got what plants crave!

I.o.U - November 26, 2025, 8:22 pm

I have never tried gatorade before, hey. I think I am missing something here lol

RangoWorld - November 26, 2025, 11:07 pm

(Nov 26, 2025 09:22 PM)I.o.U Wrote: [\[CITE\]](#) I have never tried gatorade before, hey. I think I am missing something here lol

You should try it. Its flavors are pretty lit

I.o.U - November 27, 2025, 5:22 am

(Nov 27, 2025 12:07 AM)RangoWorld Wrote: [\[CITE\]](#) You should try it. Its flavors are pretty lit
We have alternatives here on my side, I am a massive Powerade and Lucozade fan. If someone held me at gunpoint and said "Say Powerade is boody cheeks now!!" I would rather get shot lol, same with Lucozade.

I will try and get some on my side and I will give you a rating.

theFuxe - November 27, 2025, 5:37 pm

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Have you tried powerade? I prefer it to gatorade but do enjoy both of them for quick hydration

plops - November 27, 2025, 7:49 pm

Gatorade is sugar in a bottle. It's not 'electrolytes' other than it has some salt.

Reconsider drinking that shit and sprinkling some extra salt on your after work out meal with an extra swig of water.

RangoWorld - November 27, 2025, 11:07 pm

(Nov 27, 2025 06:37 PM)theFuxe Wrote: [\[CITE\]](#) Have you tried powerade? I prefer it to gatorade but do enjoy both of them for quick hydration

I have not. I'd like to think that they're both similar?

The Pact - November 29, 2025, 4:51 am

It's only for when you have diarrhea.

fantomiuz - December 16, 2025, 1:28 am

Flavor wise, i agree, but it has an insane amount of sugar, and the electrolyte content honestly doesnt justify calling it an electrolyte drink.

Rsynced - December 16, 2025, 4:07 am

Pedialyte is better. Trust me, Gatorade has High Fructose Corn Syrup, they don't even let athletes drink it anymore. It's just plain water in those Gatorade water coolers in sports games.

theFuxe - December 30, 2025, 4:20 pm

(Nov 28, 2025 12:07 AM)RangoWorld Wrote: [\[CITE\]](#) I have not. I'd like to think that they're both similar?

Yeah they are very much similar in both taste and the way their bottles appear. It's worth trying both if you havent already

Pop Shells - December 30, 2025, 5:43 pm

Water is a also great for hydration (water isn't paying me)

JoshAllen - December 30, 2025, 7:32 pm

I like Gatorade, but Biosteel is my all time favorite now. It is so good and much better for you.

The Pact - December 30, 2025, 9:06 pm

I have only tried Lucozade and that's only for when you have diarrhea to replace electrolytes supposedly. I hope you're doing well.

