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Resumo. Beber Gatorade não é insalubre, mas tem grandes quantidades de açúcar e sal

s;

Gatorade não é ruim para você? - Verywell

health :

é-gatorade-bom-para-você-5215589

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Os princi

pais ingredientes tanto0 0 bet3650 0 bet365 Powerade quanto0 0 bet3650 0 bet365

Gatorade são: água, um tipo de açúcar, ácid

o cítrico e,

sal salão (1, 2). Powerade é adoçado com xarope de milho de

alta frutose, enquanto Gatorade contém dextrose. Dextorse é quimicamen

te idêntica ao açúcar regular (1, 2.)

Powerade vs. Gatorade: Qual é a diferença? - -

Healthline

Healthline : nutrição ;

Powerade-vs-gatorade

Both these products are made from natural sources and provide a great way

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