Pedialyte® brand has half the sugar, twice the electrolytes of leading sports drinks.

**PROBLEM:** When a child’s belly is misbehaving, too much sugar can make diarrhea worse.

**SOLUTION:** Recommend Pedialyte brand to help replace electrolytes lost during diarrhea and vomiting, with half the sugar of the leading sports drink.

**WHY PEDIALYTE:** Pedialyte meets the requirements of the American Academy of Pediatrics (AAP) Committee on Nutrition to help prevent dehydration in infants and children. Pedialyte is recommended by the Barton Schmitt telephone protocol.

### Symptoms of Dehydration
- ✔ Dry mouth or tongue
- ✔ Less frequent urination (fewer wet diapers)
- ✔ Overly sleepy
- ✔ Few or no tears when crying
- ✔ Sunken eyes
- ✔ Irritability

If you see any of these warning signs, as identified by the Centers for Disease Control and Prevention, call your doctor.

### Electrolyte replacement and sugar/sodium balance in Pedialyte vs common beverages

<table>
<thead>
<tr>
<th>Electrolyte losses</th>
<th>Sodium mEq/L</th>
<th>Potassium mEq/L</th>
<th>Sugar g/L</th>
<th>Sugar:Na Ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-cholera diarrhea</td>
<td>30-65</td>
<td>20-45</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Electrolyte sources**

<table>
<thead>
<tr>
<th>Pedialyte® AdvancedCare™</th>
<th>45</th>
<th>20</th>
<th>16</th>
<th>2:1</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pedialyte</td>
<td>45</td>
<td>20</td>
<td>25</td>
<td>3:1</td>
</tr>
<tr>
<td>Original Gatorade®</td>
<td>20</td>
<td>3</td>
<td>60</td>
<td>13:1</td>
</tr>
<tr>
<td>Cola</td>
<td>2</td>
<td>0</td>
<td>126</td>
<td>350:1</td>
</tr>
<tr>
<td>Apple juice</td>
<td>3</td>
<td>32</td>
<td>125</td>
<td>230:1</td>
</tr>
</tbody>
</table>

mEq/L=millequivalents per liter.

Pedialyte is a registered trademark of Abbott Laboratories.

Gatorade is not a registered trademark of Abbott Laboratories.

### Therapeutic hydration to the rescue

For more information, visit Pedialyte.com

Powder Packs and Freezer Pops are not for use for children under 1 year of age.

References: