



Dehydration Prevention Reference Guide



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.

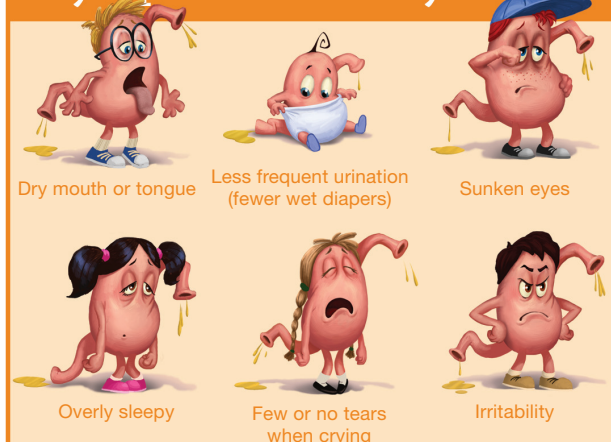
WHY PEDIALYTE: Pedialyte meets the requirements of the American Academy of Pediatrics (AAP) Committee on Nutrition to help prevent dehydration in infants and children.¹ Pedialyte is recommended by the Barton Schmitt telephone protocol.²

Electrolyte replacement and sugar/sodium balance in Pedialyte vs common beverages^{1,3-4}

| | Sodium mEq/L | Potassium mEq/L | Sugar g/L | Sugar:Na Ratio |
|----------------------|-----------------|--------------------|--------------|-------------------|
| Electrolyte losses | | | | |
| Non-cholera diarrhea | 30-65 | 20-45 | | |
| Electrolyte sources | | | | |
| Pedialyte® | 45 | 20 | 25 | 3:1 |
| Original Gatorade® | 20 | 3 | 60 | 13:1 |
| Cola | 2 | 0 | 126 | 350:1 |
| Apple juice | 3 | 32 | 125 | 230:1 |

mEq/L=milliequivalents per liter.
Pedialyte is a registered trademark of Abbott Laboratories.
Gatorade is not a registered trademark of Abbott Laboratories.

Symptoms of Dehydration⁵



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

Therapeutic hydration to the rescue™

For more information, visit Pedialyte.com

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Use Pedialyte oral electrolyte solution under medical supervision for the dietary management of dehydration during diarrhea and vomiting.

Abbott
A Promise for Life

References: 1. Kleinman RE, ed. *Pediatric Nutrition Handbook*. 6th ed. Elk Grove Village, IL: American Academy of Pediatrics; 2009:651-659. 2. Schmitt BD. *Pediatric Telephone Protocols*. 12th ed. Elk Grove Village, IL: American Academy of Pediatrics; 2008. 3. Raizada N, et al. *Indian Pediatr*. 1992;29:461-465. 4. Molla AM, et al. *J Pediatr*. 1981;98:835-838. 5. Centers for Disease Control and Prevention. *MMWR Recomm Rep*. 2003;52(RR-16):1-16.