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Can I drink Gatorade past the best before date on the bottle?

Gatorade is a shelf stable product, not a perishable product like milk or juice. Shelf stable beverages are safe to consume past the recommended use by date but may experience slight changes in flavor or color as the product ages. However, there's no change to the efficacy of the beverage. If the bottle appears sealed tightly and has no obvious visible off-color or odor when opened, there's no reason why it cannot be consumed past the recommended usage date on the neck of each bottle.

Did this answer your question?

☒ Yeah! ☐ Not Really

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