

THE SCIENCE BEHIND THE SIZE:

S PRODUCT: a serious multi-stage formula that anticipates the body's needs for pre, during, and post-race nutrition.

**Stage 1
Defense Complex:** FUSION OF ANTIOXIDANTS COMBINE TO PROTECT MUSCLES DURING EXERCISE.*

**Stage 2
Endurance Blend:** BETA-ALANINE SUPPORTS MUSCULAR ENDURANCE, POWER AND OUTPUT; A POWERHO CARB BLEND RELEASES ENERGY FASTER (WAXY MAIZE, GLUCOSE), SUSTAINS IT (MAL AND ACTS AS AN ENERGY RESERVOIR TO HELP YOU FINISH STRONG (ISOMALTULOSE), ELECTROLYTE BLEND AIDS PROPER HYDRATION AND HELPS YOU OVERCOME HEAT ST

**Stage 3
Recovery Matrix:** TIME RELEASED WHEY AND CASEIN PROTEINS, AT A 4:1 CARB-TO-PROTEIN RATIO, HELP PREPARE MUSCLES FOR FASTER RECOVERY EVEN DURING ACTIVITY.*

•**RESULT:** sustains optimal performance, enhances endurance and speeds recovery.*

•**SCIENCE:** clinical studies indicate that beta-alanine raises the anaerobic threshold in endurance athletes without any weight gain, it also assists power athletes to delay fatigue; combined with a host of clinically-tested nutrients to enable longer performance and greater output.*

NO ARTIFICIAL COLORS – ZERO FAT – CLINICALLY TESTED INGREDIENTS

*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.

TWINLAB®

**ENDURANCE
FUEL**

4:1
Carb-to-Protein
RATIO

POWERED BY
**BETA-
ALANINE**
THE ENDURANCE INGREDIENT

ULTIMATE PRE, DURING, AND POST-RACE NUTRITION

Stamina*

DIETARY SUPPLEMENT

NET WEIGHT 2.24 LBS (1.01 kg)

**CITRUS
BURST**
Natural Flavors
and Sweeteners

Supplement Facts

Serving Size 1 Scoop (31 g)
Servings Per Container 35

Amount Per Serving	% DV**	Amount Per Serving	% DV**
Calories	110	Defense Complex	125 mg †
Calories from Fat	0	ascorbic acid, d-alpha tocopheryl acetate, be	
Total Fat	0 g 0% **	carotene	
Saturated Fat	0 g 0% **	Endurance Blend	22.4 g †
Trans Fat	0 g †	glucose, isomaltulose, maltodextrin, waxy	
Total Carbohydrate	20g 7% **	maize, beta alanine	
Sugars	10 g †	Recovery Matrix	5 g †
Protein	5 g 10% **	calcium caseinate (from milk), whey protein (fro	
Vit A (as beta carotene)	2500 IU 50%	milk)	
Vit C (as ascorbic acid)	60 mg 100%		
Vit E (as d-alpha tocopheryl acetate)	30 IU 100%		
Sodium	110 mg 5%		
Potassium	30 mg 1%		

OTHER INGREDIENTS: Natural flavors, salt, potassium chloride, soy lecithin.

Contains milk and soy ingredients. Produced in a facility that also processes egg, wheat, tree nut, peanut, fish and shellfish ingredients.

DIRECTIONS: Mix 1 scoop (31 g) with 20 oz. of cold water. For best results, use a shaker cup to thoroughly dissolve the powder. For more flavor, use 16 oz. water. Use before, during and after exercise.

WARNING: Do not use if pregnant or nursing. Consult a health care professional before use if you are taking any medication or have any medical condition. Not recommended for use by individuals under the age of 18 without parental permission.
KEEP OUT OF REACH OF CHILDREN.

Best if used by date shown on container

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