

**Endurox® R4** We've raised the bar on muscle recovery drinks\*.

PacificHealth Laboratories, the company that pioneered the science of muscle recovery with the development of Endurox® R4®, has just raised the bar again. No product can help your muscles rebuild and recover faster. With this improved formula, we've now decreased the sugar by 25% and optimized the carbohydrate profile for even faster recovery.

Because different athletes have different recovery needs, we've also created Endurox® Restore™, for exercise bouts lasting less than one hour. Both improved Endurox R4 and Endurox Restore contain the proven and patented science of the 4-1 carbohydrate to protein ratio.

| Exercise Level                                                  | Recovery Product                                                      |
|-----------------------------------------------------------------|-----------------------------------------------------------------------|
| High intensity exercise and exercise lasting MORE than one hour | <b>Endurox® R4®</b><br>Improved carb profile, less sugar              |
| Exercise lasting LESS than one hour                             | <b>Endurox® Restore™</b><br>Fewer carbs, fewer calories†, all natural |

**Usage:** Mix 2 scoops with 12 oz. of cold water. Take immediately after exercise.

From the science of  
**PacificHealth**  
LABORATORIES, INC.

Store at room temperature. Avoid excess heat above 104°F (40°C).

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†U.S. PATENT #6,051,236. ADDITIONAL PATENTS PENDING.  
‡COMPARED TO ENDUROX R4



**IMPROVED**

**Endurox® R4**



**CARBOHYDRATE  
PROTEIN FORMULA**

DIETARY SUPPLEMENT  
NET WT. 2.31 LBS (1.05 KG)  
14 SERVINGS

- RECOVER FASTER
- RECOVER BETTER
- COME BACK STRONGER

**TANGY ORANGE**  
Naturally Flavored

For exercise lasting  
**MORE** than one hour

The drink that advanced the science of muscle recovery.

Endurox® R4®, with its patented<sup>1</sup> ratio of carbohydrate and protein (4-1) along with antioxidants, electrolytes and glutamine, is proven to help muscles:

#### Recover Faster

Replenishes muscle glycogen levels 128% more than a carbohydrate drink\*

Carbohydrate/protein formula rebuilds muscle protein 38% more than a protein drink\*

#### Recover Better

Reduces post-exercise muscle damage up to 36%\*

#### Come Back Stronger

Extends endurance up to 55% in a subsequent workout\*



It's not just a ratio,  
it's an advantage

Check out [enduroxr4.com](http://enduroxr4.com)

\*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.

## Supplement Facts

Serving Size 2 Scoops (75g) in 12 fl.oz.  
Servings Per Container 14

| Amount Per Serving            |                      |
|-------------------------------|----------------------|
| <b>Calories 270</b>           | Calories from Fat 10 |
|                               | % Daily Value*       |
| <b>Total Fat 1g</b>           | <b>2%</b>            |
| Saturated Fat 0.5g            | 2.5%                 |
| Trans Fat 0g                  |                      |
| <b>Cholesterol 35mg</b>       | <b>12%</b>           |
| <b>Total Carbohydrate 53g</b> | <b>18%</b>           |
| Dietary Fiber 0g              | 0%                   |
| Sugars 30g                    | **                   |
| <b>Protein 13g</b>            | <b>25%</b>           |
| Vitamin C 250mg               | 420%                 |
| Vitamin E 200IU               | 670%                 |
| Calcium 100mg                 | 10%                  |
| Magnesium 160mg               | 40%                  |
| <b>Sodium 190mg</b>           | <b>8%</b>            |
| <b>Potassium 100mg</b>        | <b>3%</b>            |
| L-Glutamine 420mg             | **                   |

\*Percent Daily Values are based on a 2,000 calorie diet  
\*\*Daily Value not established

**Ingredients:** Maltodextrin, sucrose, whey protein concentrate, fructose, citric acid, dextrose, natural flavor, magnesium carbonate, L-glutamine, vitamin E, ascorbic acid (vitamin C), salt, lecithin, monopotassium phosphate, Yellow 5, Yellow 6.

**ALLERGEN INFORMATION:** Contains milk and soy. Manufactured in a facility that processes eggs, wheat, tree nuts, fish, crustaceans and shellfish products.