

Endurox® R4® *The drink that advanced the science of muscle recovery.*

Developed by leading exercise physiologists Endurox® R4®, with its patented† ratio of carbohydrates to protein, is proven to speed muscle recovery and reduce muscle damage following exercise. No product can help your muscles rebuild and recover faster.

And, because different athletes have different recover 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	Endurox® R4®
Exercise lasting LESS than one hour	Endurox® Restore™

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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**CARBOHYDRATE
PROTEIN FORMULA**

DIETARY SUPPLEMENT
NET WT. 4.63LB (2.1 KG)
28 SERVINGS

LEMON LIME
Naturally Flavored

*For exercise lasting
MORE than one hour*

Endurox® R4®

The Proven Science.

Endurox® R4®, with its patented† 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

*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 28

Amount Per Serving	
Calories 270	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0.5g	2.5%
Trans Fat 0g	
Cholesterol 30mg	10%
Total Carbohydrate 52g	17%
Dietary Fiber 0g	0%
Sugars 40g	**
Protein 13g	25%
Vitamin C 470mg	780%
Vitamin E 400IU	1330%
Calcium 100mg	10%
Magnesium 240mg	60%
Sodium 190mg	8%
Potassium 100mg	3%
L-Glutamine 420mg	**

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

Ingredients: Dextrose, whey protein concentrate, maltodextrin, fructose, sucrose, citric acid, natural flavors, magnesium carbonate, vitamin E acetate, ascorbic acid (vitamin C), L-glutamine, salt, soy lecithin, monopotassium phosphate, Yellow 5, Blue 1.

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