

Not all electrolyte replacements are alike. **Endura®** is a specialized supplement that supplies a unique blend of patented electrolyte minerals that are found in muscle cells. Endura supplies these important electrolytes, including high levels of magnesium, in a formula designed to enhance absorption of fluids and electrolytes to help prevent dehydration.*

MAINTAIN MAGNESIUM LEVELS*

Endura is the first rehydration supplement with a significant quantity of magnesium, a key nutrient in energy production that is difficult to obtain from the typical diet. Approximately 50% of Americans are thought to consume inadequate levels of magnesium from their diet. Endura's patented formula is designed to provide high concentrations of magnesium—essential for cellular energy metabolism—without causing gastric discomfort. This special form of magnesium found in Endura allows for excellent absorption, which is especially important for rehydration.*

PLUS CARBOHYDRATES

Endura supplies carbohydrates in the form of glucose polymers and fructose, delivered in a special, balanced ratio designed to help delay the onset of fatigue during strenuous activity. This glucose polymer and fructose blend is excellent for rehydration.*

WHO SHOULD USE ENDURA?

Individuals who need to supplement their diet in order to meet their fluid replacement and energy demands.*

REHYDRATE WITH ENDURA

For best results, don't wait until you feel thirsty to begin rehydrating. Take Endura on an empty stomach because intake of solid foods—such as energy bars—may impede rehydration efforts during exercise.*

DIRECTIONS: As a dietary supplement to help maintain adequate hydration, thoroughly mix one heaping scoop (35 grams) with 16 fluid ounces of water. For athletes, take Endura 15 to 20 minutes prior to a race or training, and every 15 to 20 minutes throughout the event.*

This product is **Gluten Free and Vegetarian**.

*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.

STORAGE: Keep tightly closed in a cool, dry place.

CAUTION: Keep out of the reach of children.

Metagenics®
Genetic Potential Through Nutrition



Endura®

Energy and
Rehydration Formula♦
REPLENISHES ELECTROLYTE MINERALS
TO SUSTAIN HIGH PERFORMANCE♦

Dietary Supplement
Vegetarian

NET WT. 1.47 LB (665 G) Powder

Supplement Facts

Serving Size One Heaping Scoop (35 g)
Servings Per Container 19

	Amount Per Serving	% Daily Value
Calories	120	
Total Carbohydrate	29 g	10%*
Sugars	21 g	
Vitamin C	120 mg	200%
Vitamin E	28 IU	90%
Thiamin	2 mg	133%
Riboflavin	5 mg	294%
Niacin	10 mg	50%
Vitamin B ₆	5 mg	250%
Pantothenic Acid	28 mg	280%
Calcium	60 mg	6%
Phosphorus	69 mg	7%
Magnesium†	174 mg	44%
Chromium†	83 mcg	69%
Chloride	148 mg	4%
Sodium	96 mg	4%
Potassium	176 mg	5%
Citric Acid	990 mg	—
Taurine	500 mg	—
Malic Acid	500 mg	—
L-Carnosine	20 mg	—

*Percent Daily Values are based on a 2,000 calorie diet.

†Daily Value not established.

Ingredients: Crystalline fructose, maltodextrin, magnesium bis-glycinate*, citric acid, taurine, malic acid, dipotassium phosphate, calcium citrate, sodium chloride, natural lemon lime flavor, ascorbic acid, d-alpha tocopheryl acetate, D-calcium pantothenate, L-carnosine, niacinamide, pyridoxine HCl, riboflavin, chromium nicotinate glycinate†, and thiamin mononitrate.

Developed and Manufactured by: **METAGENICS, INC.**
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*Patented mineral amino acid chelates: U.S. Patent #5,516,925 Albion®.

Endura® contains no artificial sweeteners.

U.S. Patent #5,270,297.