

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 replenish bodily fluids and sustain high performance.\*

#### 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.\*

#### DRINK ENDURA FOR REHYDRATION

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, drink Endura 15 to 20 minutes prior to a race or training, and every 15 to 20 minutes throughout the event.\*

\*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              | 93%           |
| Thiamin                | 2 mg               | 133%          |
| Riboflavin             | 3 mg               | 176%          |
| Niacin                 | 10 mg              | 50%           |
| Vitamin B <sub>6</sub> | 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            | 950 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, potassium phosphate, natural orange flavor, calcium citrate, sodium chloride, ascorbic acid, d-alpha-tocopheryl acetate, annatto (color), 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 sucrose or artificial sweeteners.

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