

ENDURANCE

BRL
SPORTS nutrition

ELECTROLYTES

OFFICIAL DRINK OF TRIATHLON™

TRIFUEL®

3IN-1 ENDURANCE AND RECOVERY DRINK

PRE + DURING + POST

INCREASE
ENDURANCEREPLENISH
ELECTROLYTESSPEED
RECOVERY

LEMON LIME

1,584mg
ELECTROLYTES
60g
CARBS
30g
CARBS

Supplement Facts

Serving Size: 2 Scoops (~44g) (makes 8-20 fl oz)

Servings Per Container: 20

Amount per Serving	% DV	Amount per Serving	% DV
Calories	100	Electrolyte Complex	1,584mg 1
Calories from fat	0	Sodium (as Sodium Chloride) 300 mg	10%
Total fat	0g 0%	Potassium (as Potassium Chloride) 300 mg	10%
Cholesterol	0g 0%	Magnesium (as Magnesium Oxide) 100 mg	20%
Total Carbohydrate	30g 10%	Calcium (as Calcium Carbonate) 100 mg	10%
Carbohydrate Complex	30g 1	Chloride (from Sodium Chloride and Potassium Chloride) 70 mg	35%
Dextrose 10g		Anti-Fatigue Complex	2,000mg 1
Maltodextrin 20g		L-Citrulline Malate 2,000mg	1
branched Chain Amino Acid Complex	4,000mg 1	Vitamin C (Ascorbic Acid) 60 mg	100%
L-Leucine 2,000mg		Vitamin E (as DL-Alpha Tocopherol Acetate) (30 IU)	100%
L-Isoleucine 1,500mg		Mental Performance Complex	100 mg 1
L-Valine 1,500mg		L-Theanine 100mg	
Endurance/Recovery Amino Acid Complex	4,000mg 1	% Daily Value is based on a 2000 calorie diet	
L-Glutamine 2,000mg		1 Daily Value Not Established	
L-Arginine 1,500mg			

Other Ingredients: Citric Acid, Sucralose, Natural Flavors, Beta Carotene (color)