

Staying properly hydrated is essential to the athlete, whose exercise endurance and performance can depend on both fluid balance and key electrolytes. Hydrate with **Endura**®, a naturally flavored hydration powder containing a well-designed electrolyte profile to help support hydration and replenish electrolytes lost during exercise. Endura is formulated without artificial sweeteners or colors because we know what you put into your body—and what you don't—matters to you.\*

- Formulated to help support fluid balance\*
- When used as directed, delivers key electrolytes such as sodium and potassium to help replace those lost through sweating during exercise, activity, or hot weather conditions\*
- Helps support hydration during exercise. Maintaining sufficient hydration aids exercise performance and endurance.\*
- When used as directed, supplies 100 mg potassium and 150 mg of L-alanyl-L-glutamine per serving to help support exercise performance\*



\*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.

**Directions:** Mix 1 packet into 8 fluid ounces of water 10-15 minutes before exercise and every 15 minutes when exercising or as directed by your healthcare practitioner.

**This product is non-GMO, gluten-free, and vegetarian.**

**Caution:** If pregnant or nursing, or taking medication, please consult your healthcare practitioner before use. Keep out of the reach of children.

**Tamper Evident:** Do not use if package is torn or open.

**Storage:** Keep in a cool, dry place.



**Metagenics**

**Endura**®

Hydrate & replenish\*



lemonade flavor

with other natural flavors

PRACTITIONER EXCLUSIVE

**Dietary Supplement**

30-0.2 oz (5.56 g) PACKETS  
NET WT. 5.88 oz (166.8 g)

## Supplement Facts

Serving Size 1 Packet (5.56 g)  
Servings Per Container 30

Amount Per Packet	% Daily Value
Calories.....	10
Total Carbohydrate.....	2 g..... 1%*
Vitamin C (as ascorbic acid).....	120 mg..... 133%
Vitamin E (as d-alpha tocopheryl acetate).....	20.1 mg..... 134%
Thiamin (as thiamin mononitrate).....	2 mg..... 167%
Riboflavin.....	5 mg..... 385%
Niacin (as niacinamide).....	10 mg..... 63%
Vitamin B <sub>6</sub> (as pyridoxine HCl).....	5 mg..... 294%
Pantothenic Acid (as calcium D-pantothenate).....	28 mg..... 560%
Calcium (as calcium citrate).....	50 mg..... 4%
Phosphorus (as dipotassium phosphate).....	20 mg..... 2%
Magnesium (as magnesium bis-glycinate).....	150 mg..... 36%
Chromium (as chromium picolinate).....	83 mcg..... 237%
Chloride (as sodium chloride).....	270 mg..... 12%
Sodium (as sodium chloride).....	180 mg..... 8%
Potassium (as dipotassium phosphate).....	100 mg..... 2%
Malic Acid.....	500 mg..... **
Taurine.....	500 mg..... **
L-Alanyl-L-Glutamine.....	150 mg..... **

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

Other Ingredients: Citric acid, natural flavors,<sup>1</sup> and rebaudioside A (from Stevia rebaudiana leaf extract).

**MANUFACTURED BY: METAGENICS**  
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<sup>1</sup>No MSG