

Directions: Mix packet contents 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.

Storage: Keep in a cool, dry place.



Endura[®]

Dietary Supplement



lemonade flavor
with other natural flavors

NET WT. 0.2 oz (5.56 g)

Supplement Facts Serv. Size 1 Packet (5.56 g), Amount per Serving: Calories 10, Total Carb. 2 g (1%* DV), Vitamin C 120 mg (133% DV), Vitamin E 20.1 mg (134% DV), Thiamin 2 mg (167% DV), Riboflavin 5 mg (385% DV), Niacin 10 mg (63% DV), Vitamin B₆ 5 mg (294% DV), Pantothenic Acid 28 mg (560% DV), Calcium 50 mg (4% DV), Phosphorous 20 mg (2% DV), Magnesium 150 mg (36% DV), Chromium 83 mcg (237% DV), Chloride 270 mg (12% DV), Sodium 180 mg (8% DV), Potassium 100 mg (2% DV), Malic Acid 500 mg**, Taurine 500 mg**, L-Alanyl-L-Glutamine 150 mg**. *Percent Daily Values (DV) are based on a 2,000 calorie diet. **Daily Value not established.

Ingredients: Magnesium bis-glycinate, citric acid, taurine, malic acid, sodium chloride, natural flavors,[†] calcium citrate, dipotassium phosphate, L-alanyl-L-glutamine, ascorbic acid, d-alpha tocopheryl acetate, rebaudioside A (from *Stevia rebaudiana* leaf extract), calcium D-pantothenate, niacinamide, pyridoxine HCl, riboflavin, thiamin mononitrate, and chromium picolinate.

MANUFACTURED BY: METAGENICS, GIG HARBOR, WA 98332 • 800 692 9400 • METAGENICS.COM

[†]No MSG

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