

TWINLAB®

FUEL FOR THE DRIVEN®

THE SCIENCE BEHIND THE SPEED

Twinlab Endurance Fuel is a caffeine-free serious multi-stage formula that anticipates the body's needs for pre, during and post-race nutrition to sustain optimal performance, enhance endurance and speed recovery.* Clinical studies indicate that beta-alanine raises the anaerobic threshold in endurance athletes without any weight gain and assists power athletes to delay fatigue.* Endurance Fuel combines beta-alanine with a host of other clinically-tested nutrients to enable extended performance and greater output.*

DEFENSE*

Stage 1 Defense Complex:

Fusion of antioxidants combine to protect muscles during exercise.*

ENDURANCE*

Stage 2 Endurance Blend:

Beta-alanine supports muscular endurance, power and output; a powerhouse carb blend releases energy faster (waxy maize, glucose), sustains it (maltodextrin), and acts as an energy reservoir to help you finish strong (isomaltulose). Electrolyte blend aids proper hydration and helps you overcome heat stress.*

RECOVERY*

Stage 3 Recovery Matrix:

Time-released whey and casein proteins, at a 4:1 carb-to-protein ratio, help prepare muscles for faster recovery even during activity.*

MANUFACTURED BY TWINLAB CORPORATION
AMERICAN FORK, UT 84003 USA
1-800-645-5626

BEST IF USED BY DATE SHOWN ON BOTTLE.
STORE IN A COOL, DRY PLACE.

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POWERED BY

BETA-ALANINE

THE ENDURANCE
INGREDIENT

ENDURANCE FUEL®

[Ultimate **Pre, During, & Post** Race Nutrition]

CITRUS BURST

Natural Flavors and Sweeteners

4:1
CARB-TO-PROTEIN RATIO

> STAMINA* <

DIETARY SUPPLEMENT

NET WT 2.4 LBS (1.1 kg)

Supplement Facts

Serving Size 1 Scoop (31 g)
Servings Per Container about 35

Amount Per Serving	% DV	Amount Per Serving	% DV
Calories 110		Defense Complex 125 mg	†
Calories from Fat 0		ascorbic acid, d-alpha tocopheryl acetate, beta carotene	
Total Fat 0 g	0%**	Endurance Blend 22.4 g	†
Saturated Fat 0 g	0%**	glucose, isomaltulose, maltodextrin, waxy maize, beta alanine	
Trans Fat 0 g	†	Recovery Matrix 5 g	†
Total Carbohydrate 20 g	7%**	calcium caseinate (from milk), whey protein (from milk)	
Sugars 10 g	†		
Protein 5 g	10%**		
Vitamin A 2500 IU	50%		
Vitamin C 60 mg	100%		
Vitamin E 30 IU	100%		
Sodium 110 mg	5%		
Potassium 30 mg	1%		

† Daily Value (DV) not established.
** Percent Daily Values are based on a 2,000 calorie diet.

OTHER INGREDIENTS: Natural flavors, salt, potassium chloride, soy lecithin. Contains milk and soy.

DIRECTIONS: Mix 1 scoop (31 g) with 20 oz. of cold water. For best results, use a shaker cup to thoroughly dissolve the powder. For more flavor, use 16 oz. water. Use before, during and after exercise.

WARNING: Do not use if pregnant or nursing. Consult a health care professional before use if you are taking any medication or have any medical condition. Not recommended for use by individuals under the age of 18 without parental permission. **KEEP OUT OF REACH OF CHILDREN.**

*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.

No Artificial Colors

No Artificial Flavors

Clinically Tested
Ingredients

Caffeine Free

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