

SUGGESTED USAGE: For best results, mix 1 scoop of Electro Endurance™ with 8 to 12 fl. oz. of water or your favorite beverage before, during, and after your workout.

During exercise, the body loses water and minerals (electrolytes), and glycogen (carbohydrate) stores are depleted. In addition, muscle tissue is being temporarily stressed. Scientific studies have indicated that post-exercise nutrition can be critical for optimization of electrolyte replacement, muscle recovery, restoration of glycogen stores, and ultimately for maximizing performance and endurance.* According to research, immediate replacement of minerals and carbohydrate, when combined with easily assimilated protein, enhances amino acid uptake into muscle cells, thereby helping to delay fatigue.*

NOW® Electro Endurance™ contains all of the elements necessary for post-exercise recovery.* Electro Endurance™ combines a special mix of simple and complex carbohydrates, protein, and electrolytes to optimize recovery time.*

*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.

CODE 2052 V2



Electro Endurance™

Endurance & Recovery Drink Mix*

- Maximizes Endurance During Exercise*
- Supports Muscle Recovery After Exercise*
- With Whey Protein Hydrolysate

Orange Flavor

Net Wt. 2.2 lbs. (998 g)
A Dietary Supplement



Supplement Facts

Serving Size 1 Scoop (approx. 45 g) Servings Per Container about 22

	Amount Per Serving	% Daily Value
Calories	150	
Total Fat	< 0.5 g	< 1%*
Cholesterol	5 mg	2%
Total Carbohydrate	30 g	10%*
Sugars	25 g	†
Protein	6 g	12%*
Vitamin A (100% as Beta-Carotene)	1300 IU	26%
Vitamin C (as Ascorbic Acid)	250 mg	417%
Vitamin E (as d-alpha Tocopheryl Acetate)	30 IU	100%
Calcium (from Calcium Citrate)	50 mg	5%
Magnesium (from Magnesium Citrate)	180 mg	45%
Sodium	65 mg	3%
Potassium (from Potassium Gluconate)	250 mg	7%
Whey Protein Hydrolysate (Instantized)	4 g	†
L-Glutamine (Free-Form)	1 g	†
L-Arginine (Free-Form)	500 mg	†
L-Valine (Free-Form)	500 mg	†
L-Isoleucine (Free-Form)	250 mg	†
L-Leucine (Free-Form)	250 mg	†

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

Other ingredients: Organic Brown Rice Syrup Solids (complex carbohydrate), Dextrose, Fructose, Rice Maltodextrin, Natural Flavors, Citric Acid, Malic Acid, Orange Juice Powder and Annatto Extract.

Contains milk and soy.

NOW FOODS, 395 S. Glen Ellyn Rd.
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Not manufactured with wheat, gluten, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens. This product is sold by weight not volume. Store in a cool, dry, dark place after opening.