



**The drink that advanced the science
of muscle recovery.**

Developed by leading exercise physiologists Endurox R4, with its patented[†] ratio of carbohydrates to protein, is proven to speed muscle recovery and reduce muscle damage following exercise.

Today, Endurox R4 is the #1 recovery drink for elite and serious athletes in cycling, running, triathlon and swimming and is an essential part of the post-game and post-workout ritual of hockey, football, basketball, lacrosse and soccer players from high school through the professional level.

No product can help your muscles rebuild and recover faster.

Check out enduroxr4.com

OFFICIAL DRINK:

United States Track Coaches Association	College Swimming Coaches Association of America
American Hockey Coaches Association	Women's Basketball Coaches Association

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**New Improved Taste,
Same Great Product!**

**#1 Sports
Recovery
Drink**

Endurox R4
Recovery Drink

Recover Faster - Recover Better - Come Back Stronger

Fruit Punch

Dietary Supplement

Net Wt 2.31 lb (1,050g) 14 Serving

The Proven Science.

Endurox R4, with its patented[†] ratio of carbohydrate to protein (4:1) plus antioxidants, electrolytes and glutamine, is proven to help muscles:

Recover Faster

- Replenishes muscle glycogen levels 128% more than a carbohydrate drink*
- Carb/Protein formula rebuilds muscle protein 38% more than a protein drink*

Recover Better

- Reduces post-exercise muscle damage up to 36%*

Come Back Stronger

- Extends endurance up to 55% in a subsequent workout*

Usage: Mix 2 scoops with 12 ounces of cold water. If you weigh less than 120 lbs. you can use 1 scoop. Take immediately after exercise.

[†] U.S. patent #6,051,236. Additional patents pending.

* These statements have not been evaluated by the U.S. Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Supplement Facts

Serving Size 2 scoops (75 grams)
Servings Per Container 14

Amount Per Serving	
Calories 270	Calories from Fat 10
% Daily Value [†]	
Total Fat 1g	1%
Saturated Fat 0g	0%
Cholesterol 10mg	3%
Total Carbohydrates 52g	17%
Dietary Fiber 0g	0%
Sugars 40g	††
Protein 13g	
Vitamin C 470mg	780%
Vitamin E 400IU	1330%
Calcium 100mg	10%
Magnesium 240mg	60%
Sodium 210mg	9%
Potassium 120mg	3%
L-Glutamine 420mg	††

[†] Based on a 2,000 calorie diet.

^{††} Daily Value not established.

INGREDIENTS: DEXTROSE, WHEY PROTEIN CONCENTRATE, COMPLEX CARBOHYDRATES, FRUCTOSE, SUCROSE, CITRIC ACID, MAGNESIUM CARBONATE, NATURAL FLAVOR, ASCORBIC ACID, SODIUM CHLORIDE, L-GLUTAMINE, VITAMIN E ACETATE, LECITHIN, MONOPOTASSIUM PHOSPHATE, FD&C RED 40.

Glutamic Acid + L-Glutamine	2.6g/serv
Branched Chain Amino Acids	2.7g/serv

Store at room temperature.
Avoid excess heat above 104°F (40°C).