



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

Developed by leading exercise physiologists Endurox R4, with its patented<sup>†</sup> 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](http://enduroxr4.com)

**OFFICIAL DRINK:**

|                                            |                                                    |
|--------------------------------------------|----------------------------------------------------|
| United States Track<br>Coaches Association | College Swimming Coaches<br>Association of America |
| American Hockey<br>Coaches Association     | Women's Basketball<br>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**

Dietary Supplement

**Tangy Orange**

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

**The Proven Science.**

Endurox R4, with its patented<sup>†</sup> 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.

<sup>†</sup> U.S. patent #6,051,236. Additional patents pending.

\* 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.

**Supplement Facts**

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

| Amount Per Serving             |                      |
|--------------------------------|----------------------|
| <b>Calories</b> 270            | Calories from Fat 10 |
| % Daily Value†                 |                      |
| <b>Total Fat</b> 1g            | 1%                   |
| Saturated Fat 0g               | 0%                   |
| <b>Cholesterol</b> 10mg        | 3%                   |
| <b>Total Carbohydrates</b> 52g | 17%                  |
| Dietary Fiber 0g               | 0%                   |
| Sugars 40g                     | ††                   |
| <b>Protein</b> 13g             |                      |
| Vitamin C 470mg                | 780%                 |
| Vitamin E 400IU                | 1330%                |
| Calcium 100mg                  | 10%                  |
| Magnesium 240mg                | 60%                  |
| <b>Sodium</b> 220mg            | 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, NATURAL FLAVOR, MAGNESIUM CARBONATE, ASCORBIC ACID, SODIUM CHLORIDE, L-GLUTAMINE, VITAMIN E ACETATE, LECITHIN, MONOPOTASSIUM PHOSPHATE, FD&C YELLOW 5, FD&C YELLOW 6.

|                             |           |
|-----------------------------|-----------|
| 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).