

Use Directions: Mix one scoop EFS per 12 ounces of water. Consume one serving 15-30 minutes before exercise and take one serving every 30 minutes during exercise. For additional calories and electrolytes, mix the EFS drink up to 2X strength or use in conjunction with the EFS Liquid Shots.



Supplement Facts

Serving Size: 1 scoop (32g)

Servings per container: 25

	Amount Per Serving	%DV*
Calories	96	
Calories from fat	0	
Total fat	0 g	0%
Cholesterol	0 g	0%
Total Carbohydrate (Complex carbohydrates, Dextrose, Sucrose)	24 g	
Sugars	16 g	**
1160mg Total Electrolyte Blend (Ca, Mg, Cl, Na, K)		
Calcium (as DiCalcium Malate)	100 mg	10%
Magnesium (DiMagnesium Malate)	150 mg	38%
Chloride (as sodium chloride)	450 mg	10%
Sodium (as sodium chloride)	300 mg	15%
Potassium (as di-potassium phosphate)	160 mg	6%
Malic Acid (from DiCalcium and DiMagnesium Malate)	700 mg	*
AjiPure Amino Acid Blend (L-Glutamine, Leucine, Iso-Leucine, Valine)	2000 mg	*

*Daily Value Not Established

**Percent Daily Values are based on a 2,000 calorie diet.

Ingredients: Complex carbohydrates, sucrose, dextrose, AjiPure Amino Acid Blend (L-Glutamine, Leucine, Iso-Leucine, Valine), Electrolyte Blend (chloride, sodium, potassium, magnesium, calcium), citric acid, natural flavors, natural stevia extract.

ENERGIZING SPORTS DRINK

EFS

ELECTROLYTE FUEL SYSTEM

PREMIUM HYDRATION DRINK MIX

PREVENTS CRAMPING AND DEHYDRATION

IMPROVES PERFORMANCE DURING EXERCISE

NA⁺ K⁺ MG⁺ CA⁺ CL⁻

1160MG ELECTROLYTES



EFS drinks provide everything you need to maximize endurance and performance during exercise. You'll notice the difference right away too. With the latest amino acid technology, superior mineral bioavailability and the addition of Malic Acid, EFS drinks refuel working muscles faster than ever before. Plus they taste great, not chalky or overpoweringly sweet. And with the highest electrolyte content available (1160mg of all 5 electrolytes/serving), there's no need to carry those extra electrolyte pills or add anything else. You can train and race with confidence knowing you don't have to worry about cramping or dehydration. Times have changed.

THE HIGHEST ELECTROLYTE CONTENT AVAILABLE: Clinical research shows endurance athletes require much higher levels of electrolytes than most sports drinks provide to prevent cramping and dehydration. EFS drinks contain over 1,160mg of all 5 electrolytes per serving, more than any electrolyte drink on the market. So there's no need to carry those extra electrolyte pills or add anything else to the EFS drinks.

THE LATEST AMINO ACID TECHNOLOGY: The Amino Acids in the EFS drinks are AjiPure amino acids, the purest, most-bioavailable source of free-form amino acids available. AjiPure amino acids have purity levels of 99%-100%. This results in faster and more complete absorption.

SUPERIOR MINERAL BIOAVAILABILITY: The EFS formula utilizes two unique sources of calcium and magnesium. DiCalcium malate and Dimagnesium malate have superior bioavailability compared to other mineral sources. In a bioavailability study, absorption rates were between 20% and 100% higher using DiCalcium and DiMagnesium malates.

CONTAINS MALIC ACID: EFS drinks contain 700mg of Malic Acid which stimulates oxygen consumption by increasing mitochondrial uptake, improving mitochondrial respiration and enhancing energy production. Malic acid is essential in the formation of ATP, the body's energy source. In addition, Malic acid also allows the body to make ATP more efficiently, even under low oxygen, or hypoxic conditions.

References:

- (1) Bassett RA, et. al. Branched-chain amino acid supplementation and the immune response of long-distance athletes. *Nutrition*. 2002 May;18(5):376-9
- (2) Jentjens RL, Underwood K, Achten J, Currell K, Mann CH, Jeukendrup AE. Exogenous carbohydrate oxidation rates are elevated after combined carbohydrate sources during exercise in heat. *J Appl Physiol*. 2006 Mar; 100 (3):807-16.
- (3) Breuer, F, et al. 1992 Rationale for upper limits of electrolyte replacement during exercise. *Int J Sport Nutr* 2:229-38.
- (4) Chaturvedi, P, et al. Comparison of calcium absorption from various calcium containing products in healthy human adults: a bioavailability study. *NGK Synergize FASEB* 2006.



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

NATURAL FLAVORS, SWEETENERS AND COLORS

25 SERVINGS
NET WT. 800G (1.8 LB)

FIRST ENDURANCE
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