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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. EFS can be mixed up to 2x strength for additional calories and electrolytes. A standard water bottle is 18 ounces and requires 1 1/2 scoops.

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	**
Vitamin C (as ascorbic acid)	120 mg	200%
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, ascorbic acid, natural stevia extract.

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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.

Energizing Sports Drink

EFS™

Electrolyte Fuel System

- Next Generation Energy & Endurance Drink
- The Highest Electrolyte Content Available
- Prevents Cramping & Dehydration
- Designed to be Mixed at Varying Strengths

Na+ K+ Mg+ Ca+ Cl-
1160mg Electrolytes

1st endurance

Natural Flavors, No Colors, No Artificial Sweeteners

Tart Lemon-Lime
Energy Drink Supplement

25 Servings
Net Wt. 800g (1.8 lb)

Presenting the all-new EFS drink mix, completely redesigned with the most advanced endurance technology available. From the latest amino acid technology, superior mineral bioavailability to the addition of Malic Acid, the new EFS formula fuels you with EVERYTHING you need to maximize endurance and performance during exercise[1, 2]. And with the highest electrolyte content available, you can train and race with confidence knowing you don't have to worry about cramping or dehydration[3].

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[2]. The new EFS drinks now contains over 1,160mg of all 5 electrolytes per serving, more than any electrolyte drink on the market.

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 BIOAVALIBILITY: The new 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[4].

NOW WITH MALIC ACID: The new EFS drink contains 700mg of Malic Acid, which was not found in the previous formula. Malic acid stimulates oxygen consumption by increasing mitochondrial uptake, improving mitochondrial respiration and increasing energy production. Malic acid is essential in the formation of ATP, the body's energy source. Malic acid allows the body to make ATP more efficiently, even under low oxygen, or hypoxic conditions.

References:
(1) Bassit 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) Brouns, 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. KGK Synergize FASEB 2006.

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