



GO

THE EXTRA MILE

ENDURANCE FUEL

The Ultimate Pre, During and Post Race Formula

Whether you want to be first at the finish, set a new PR, or are looking to outpace your buddies at the local running club, serious running takes serious nutrition. Proper hydration and nutrient intake supports your body through training, competition and recovery and keeps you running strong from start to finish.

Far beyond conventional sugary, simple carb energy drinks, **ENDURANCE FUEL** is a serious, multi-stage powdered beverage that anticipates a runner's needs before, during and after demanding runs. Designed for the serious endurance runner, **ENDURANCE FUEL** has no fat or artificial colors and contains clinically-tested ingredients in three distinct complexes.

Developed by **TwinLab**, a leader in the performance health market for more than 30 years, **ENDURANCE FUEL** features a unique blend of antioxidants, electrolytes, Beta Alanine, and powerful gradual-release carbohydrates to energize runners at every stage:

STAGE 1 Pre-Run Defense Complex

Endurance Fuel's powerful antioxidant-rich Defense Complex delivers vitamins A, C and E to help prevent oxidation and protect athletes from free radicals generated during exercise.*

STAGE 2 Endurance Blend Fuels Your Run

Sodium and Potassium replenish electrolytes that are lost through perspiration, while Beta-Alanine and an innovative gradual-release carb complex provide an extra burst of power when runners need it most.*

STAGE 3 Post Run Recovery Matrix

Endurance Fuel's unique 4:1 carb-to-protein prepares muscles for a speedy recovery post run, while an immediate boost of sustained-released protein fuels runners both during and after a workout.*

Runners and Beta-Alanine

Never heard of Beta-Alanine? Don't feel bad. Neither have many nutritionists. Until recently, this amino acid had been largely overlooked by the sports nutrition community. But cutting edge research recently found that Beta-Alanine raises the lactate threshold in endurance athletes, so you can push yourself harder, longer without fatigue and squeeze the most from every workout.

Why 4:1 Matters

A little protein helps your body turn the carbs you drink to energy faster during exercise and helps shuttle carbohydrates back into your hungry muscles after a strenuous run. Endurance Fuel contains a 4 to 1 carb-to-protein ratio, enough protein to improve performance and muscle recovery without slowing down digestion.

Experience the power of timed-released energy, specifically formulated to keep endurance runners going strong, before during and after your run with **ENDURANCE FUEL.**



* 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.