



RIDE TO WIN

Endurance Fuel™ is the Ultimate Training Partner on Race Day and Every Day

Twinlab® knows that as a cyclist, you need the right fuel to power your body to the finish line. In the next few issues of Bicycling, we will detail some of the unique aspects of Endurance Fuel, a one of a kind, multi-stage performance beverage that make it the only choice for the serious cyclist.

THE TRUTH ABOUT CARBS AND PERFORMANCE

It takes more than just sugar in water to fuel your body for optimum performance. Twinlab's signature carbohydrate matrix provides the quick boost you need to get started while maintaining your energy throughout the ride, so you're never left running on empty as the competition passes you by.*

Endurance Fuel's powerhouse blend of carbohydrates includes:

Glucose—This simple sugar tops the glycemic index, so it digests quickly into your blood stream for fast energy at the start of your ride.

Maltodextrin—This complex carb enters the bloodstream after glucose, picking up where the simple sugar leaves off for a steady flow of even energy.

Waxy Maize—Your body metabolizes this complex carb at a slightly slower rate than maltodextrin for extra energy throughout your long rides.

Isomaltulose—The last carbohydrate to enter the bloodstream, isomaltulose is like your secret stash of energy waiting in reserve to help you finish strong.

This combination of simple and complex carbohydrates and starches work together to provide time-released energy for less muscle depletion and faster recovery times.* You'll keep going strong long after typical sports drinks leave you running on fumes. Endurance Fuel contains the clinically-tested ingredients you need for energy, without the fat, artificial colors, or other filler ingredients you don't.

ENDURANCE FUEL—MAKE A SMART CHOICE

On the bike and off, your nutritional needs for peak performance change throughout your training. Endurance Fuel's slow release carb formula combined with our 4:1 carb to protein ratio and a unique combination of electrolytes, amino acids and antioxidants meets your working body's every demand. Try it once and you'll see why it's the only sports beverage you'll ever need.

Customize your workout and nutrition plan with our entire line of sports nutrition products. Visit Twinlab.com for more information.

vita-cost.com

iHerb.com

amazon.com

[SuperSupplements](http://SuperSupplements.com)

drugstore.com

[NutritionExpress](http://NutritionExpress.com)



*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.