

"I feel stronger at the end of my long training rides and recover more quickly since I started taking Endurance Fuel—the sustained energy surge keeps me focused from start to finish." —*Josh Tucker, Cat3 roadie*



# RIDE TO WIN

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



Customize your workout and nutrition plan with our entire line of sports nutrition products. Visit [Twinlab.com](http://Twinlab.com) for more information.



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.

Whether you want to be first across the line, set a new PR, or just hammer your buddies on the local club rides, serious cycling takes serious nutrition. Proper hydration and nutrient intake supports your body through training, competition and recovery and keeps you pedaling strong from start to finish throughout the season.

Twinlab® produces more than 1,200 high-quality, science-based nutritional supplements and brings over 30 years of experience in the performance nutrition market to the introduction of Endurance Fuel,™ a first of its kind all-in-one hydration, performance-enhancing, and recovery supplement.

Twinlab Endurance Fuel is a complete, multi-stage powdered beverage that anticipates cyclist's needs before, during, and after demanding rides. Designed for the serious endurance athlete, Endurance Fuel has no fat or artificial colors and contains clinically-tested ingredients in three distinct complexes.

As a cyclist, your nutritional needs for peak performance change throughout each stage of the ride. Endurance Fuel is there to meet your working body's every demand.



## PRE-RIDE

Starting your ride well hydrated and fully fueled is just the beginning of what your body needs to stay strong for the effort ahead. During prolonged exercise, your oxygen consumption increases 10-fold, which generates a spike in oxidants (commonly known as free radicals), which can damage your muscles and cause soreness and fatigue during and after a hard ride. Endurance Fuel provides the antioxidants beta carotene, vitamin E, and vitamin C to protect your body from free radicals produced during strenuous efforts.

### 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 draining ride. Endurance Fuel contains a 4 to 1 carb-to-protein ratio, enough protein to improve performance and muscle recovery without slowing down digestion.

## DURING

During a long ride, your body burns a complex cocktail of fat (which you have stored), carbs (both slow and fast burning) and protein. By combining simple and complex sugars like glucose and maltodextrin with designer slow-burning starches, like waxy maize and isomaltulose, Endurance Fuel delivers a gradual-release carbohydrate blend to provide a steady flow of energy start to finish, even when the finish is hours away. Because protein provides up to 10% of your energy during long, hard rides, Endurance Fuel contains key protein sources to minimize muscle breakdown.

As you sweat, you lose valuable electrolytes, which keep your muscles firing and help maintain hydration. When electrolyte levels dip too low, your muscles become sluggish, your body slows down, and you can cramp up. Endurance Fuel contains a healthy dose of sodium and potassium to keep your muscles running smooth and strong.

## POST-RIDE

Hard rides break down your muscles. Proper post ride nutrition speeds their repair so you can come back stronger and faster, sooner. Endurance Fuel paves the way for quick recovery with a 4 to 1 carb-to-protein blend, including a time-released combination of casein and whey proteins. Whey protein breaks down quickly to preserve muscle during activity, while casein breaks down gradually so it's still available to rebuild your muscles long after you've racked your bike.

### Cyclists and Beta-Alanine

Never heard of Beta-Alanine? Don't feel bad. Neither have many athletes. 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.