

SUGGESTED USAGE: For best results, mix 1 scoop (45 g) of Electro Endurance™ with 8 to 12 fl. oz. of water or your favorite beverage before, during, and after your workout. To further enhance your nutritional goals, try combining Electro Endurance™ with NOW® Branched Chain Amino Acids, Creatine and Ribose. NOW® Electro Endurance™ is the perfect supplement for all athletes seeking endurance, recovery and ultimately PERFORMANCE!

During exercise, the body loses water and minerals (electrolytes), and glycogen (carbohydrate) stores are depleted. In addition, muscle tissue is being stressed. Scientific studies have indicated that post-exercise nutrition can be critical for optimization of electrolyte replacement, muscle recovery, restoration of glycogen stores, and ultimately for maintaining performance and endurance. According to research, immediate replacement of minerals and carbohydrate, when combined with easily assimilated protein maximizes amino acid uptake into muscle cells, thereby helping to prevent the onset of fatigue.

NOW® Electro Endurance™ contains all of the elements necessary for post-exercise recovery. Electro Endurance™ combines a special mix of simple and complex carbohydrates, protein, and electrolytes to promote rapid recovery from hard exercise.*

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

CODE 2052

V1



Electro Endurance™

Endurance & Recovery Drink Mix

- Increases Endurance During Exercise
- Speeds Muscle Recovery After Exercise*
- With Whey Protein Hydrolysate

Orange Flavor

Net Wt. 2.2 lbs. (998 g)

A Dietary Supplement

Supplement Facts

Serving Size 1 Scoop (45 g) Servings Per Container 22

	Amount Per Serving	% Daily Value
Calories	150	
Total Fat	< 0.5 g	< 1%*
Cholesterol	5 mg	2%
Total Carbohydrate	30 g	10%*
Sugars	25 g	†
Protein	6 g	12%*
Beta-Carotene (as pro-Vitamin A 780 mcg)	1300 IU	26%
Vitamin C (as Ascorbic Acid)	250 mg	417%
Vitamin E (as d-alpha Tocopheryl Acetate)	30 IU	100%
Calcium (from Calcium Citrate)	50 mg	5%
Magnesium (from Magnesium Citrate)	180 mg	45%
Sodium	65 mg	3%
Potassium (from Potassium Gluconate)	250 mg	7%
Whey Protein Hydrolysate (Instantized)	4.0 g	†
L-Glutamine (Free-Form)	1.0 g	†
L-Arginine (Free-Form)	500 mg	†
L-Valine (Free-Form)	500 mg	†
L-Isoleucine (Free-Form)	250 mg	†
L-Leucine (Free-Form)	250 mg	†

* Percent Daily Values are based on a 2,000 calorie diet. † Daily Value not established.

Other ingredients: Organic Brown Rice Syrup Solids (complex carbohydrate), Dextrose, Fructose, Rice Maltodextrin, Citric Acid, Malic Acid, Natural Orange Flavor, Natural French Vanilla Flavor, Orange Juice Powder, Annatto Extract and Natural Citrus Flavor.

Manufactured by NOW FOODS, 395 S. Glen Ellyn Rd.
Bloomingdale, IL 60108 Made in the U.S.A. www.nowfoods.com

Contains milk and soy derivatives. Contains no salt, yeast, wheat, gluten, egg or shellfish. This product is sold by weight not volume. Store in a cool, dry place. Please Recycle.

