



enduroMAX

THE ULTIMATE ENDURANCE SUPPLEMENT



If you are an endurance athlete you require effective formulations based on sound science to support your exercise demands. **EnduroMax**, by Max Muscle Sports Nutrition, is your solution for endurance performance requirements. EnduroMax is based on strong scientific evidence and modeled after the newest American College of Sports Medicine (ACSM) guidelines for fluid and electrolyte replacement during exercise. **EnduroMax** will provide the fluid, fuel, electrolytes, amino acids, metabolic cofactors and antioxidants your body needs during exercise to support optimal performance.

During exercise, your body can lose up to 2 liters or 4.4 pounds of water through sweat per hour under extreme conditions like high temperature, high humidity, low air movement, bright sun and exercise intensity. Loss of body water, which is called dehydration, leads to a decrease in athletic performance especially in older individuals (ages >65 yr). Also important is that the thirst mechanism is in delayed response mode and thirsty athletes can already be significantly dehydrated. The goal is not to incur body weight losses of greater than 2%. Greater than 2% weight loss from sweat can result in physiological changes to the body that can significantly effect performance.

EnduroMax gives you the fuel you need for endurance exercise providing multi-source/molecular weight carbohydrates including maltodextrin, sucrose, and dextrose (glucose) in the recommended ratios. Maltodextrin is a glucose polymer and is an easily digested short chain of 3 – 20 glucose units in length and a convenient source of intermediate energy. Sucrose and dextrose provides sources of rapid energy to spare glycogen and delay fatigue.

EnduroMax contains L-glutamine and the branched-chain amino acids. L-Glutamine is the most abundant amino acid in muscles often depleted during endurance exercise. L-Glutamine supports muscle recovery and functions as an anti-catabolic amino acid. The branched-chain amino acids (L-leucine, L-valine and L-isoleucine) have been added to maintain a positive nitrogen balance, provide an additional fuel source for high intensity exercise and enhance recovery.

EnduroMax contains energizing cofactors like quercetin, N-acetyl cysteine, alpha lipoic acid, coenzyme Q10 and L-carnitine to maintain energy (ATP) production in the cell mitochondria and promote efficient fat metabolism. Caffeine (75 mg per serving) has been added as a proven energy ergogenic and further aids in supporting fat utilization during prolonged exercise.

The antioxidant vitamin C has been included to protect muscles from free radicals that may be generated during exercise and to enhance tissue recovery. EnduroMax also provides ALL of the essential electrolytes including sodium, potassium, chloride, calcium and magnesium that may be lost during exercise.

EnduroMax provides exactly what you need during endurance exercise, nothing more and nothing less.

Size: NET WT. 2.72 LB. (1,234 G)
Serving Size: Two (2) scoops (Approx. 61.7 g)
Servings Per Container: Twenty (20)
Flavor: Natural Lemon Lime Flavor

KEY FEATURES

- Formulated to Provide Rapid and Effective Fluid, Energy, and Electrolytes Replacement for Demanding Endurance Athletes. †
- Provides Multi-Molecular Weight Carbohydrates and Proteins.
- Contains Glutamine and the Branched-Chain Amino Acids.
- Enhanced With Metabolic Cofactors and Antioxidants Including Caffeine, Quercetin, N-Acetyl Cysteine and Coenzyme Q10.
- Instantized for Easy Mixing.
- Gluten Free.

KEY MESSAGES

- Advanced and science-based formula following the 2007 American College of Sports Medicine (ACSM) Position Stand for Fluid and Electrolyte Replacement During Exercise. †
- Provides the fluid, fuel, electrolytes, amino acids, metabolic cofactors and antioxidants your body demands during prolonged exercise to support optimal performance. †
- Provides multi-source carbohydrates including maltodextrin, sucrose, and dextrose (glucose) in ideal ratios. †
- Provides all essential electrolytes including sodium, potassium, chloride, calcium and magnesium to replenish electrolytes lost during exercise; supports muscle function and recovery. †
- Contains L-glutamine and the branched-chain amino acids (L-leucine, L-isoleucine and L-valine) for fuel, preventing protein breakdown (catabolism) and supports rapid recovery.
- Contains metabolic cofactors and antioxidant with quercetin, N-acetyl cysteine, alpha lipoic acid, coenzyme Q10 and L-carnitine to facilitate energy (ATP) production and fat metabolism. The antioxidant vitamin C has also been added to protect muscles from free radical damage. †

(cont'd on p.2)

Your assurance of quality®

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www.maxmuscle.com



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Supplement Facts

Serving Size: Two (2) scoops (Approx. 61.7 g)
 Servings Per Container: Twenty (20)

Calories per Serving: 240 Calories from Fat: 10

	Amount Per Serving	% DV*
Total Fat	1 g	2%
Saturated Fat	0 g	0%
Cholesterol	10 mg	3%
Sodium	125 mg	5%
Potassium	90 mg	3%
Total Carbohydrate	47 g	16%
Dietary Fiber	0 g	0%
Sugars	37 g	**
Protein	11 g	22%
Vitamin C	48 mg	80%
Vitamin E (d-alpha tocopherol)	30 IU	100%
Calcium (lactate)	60 mg	6%
Magnesium (aspartate)	50 mg	12%
Chloride	150 mg	4%
Chromium (nicotinate glycinate chelate)	60 mcg	50%
L-Glutamine	3 g	**
L-Leucine	1.5 g	**
L-Isoleucine	500 mg	**
L-Valine	500 mg	**
Quercetin	150 mg	**
N-Acetyl Cysteine (NAC)	100 mg	**
Coenzyme Q10	50 mg	**
Caffeine (Anhydrous)	75 mg	**
Alpha Lipoic Acid	100 mg	**
L-Carnitine	100 mg	**

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

Directions: As a dietary supplement mix two (2) scoops (approximately 61.7 g) per 12 – 16 ounces of pure cold water. Stir briskly or shake until mixed. Add ice or increase water content to customize taste preference. Consume one serving 20 minutes before exercise. Take an additional serving every 60 minutes during training or event as needed.

Other Ingredients: Sucrose, maltodextrin, dextrose, whey protein concentrate, whey protein isolate, citric acid, lecithin (soy), natural flavor, acesulfame potassium, sucralose sweetener.

Contains 75 mg caffeine per serving.

ALLERGY INFORMATION: Contains Whey (Milk) and Lecithin (Soy). Manufactured in a facility that processes milk, soy and egg proteins, peanuts, other tree nuts and wheat. Does not contain gluten.

KEEP OUT OF REACH OF CHILDREN.

STORE IN A COOL, DRY PLACE AWAY FROM MOISTURE AND SUNLIGHT. ALWAYS KEEP TIGHTLY SEALED.

WARNING: Consult a physician before starting any diet and exercise program and before using this product. Discontinue use and call a physician or licensed qualified health care professional immediately if you experience unexpected side effects. If pregnant, nursing or taking prescription medications, consult a licensed healthcare practitioner prior to use.

Those with carbohydrate metabolism disorders should use this product with professional guidance.

Key References

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KEY MESSAGES

- Caffeine is added at 75 mg per serving as a proven ergogenic (enhances exercise performance) aid and to promote fat utilization during endurance exercise. †
- Quick dissolving and refreshing Natural Lemon Lime flavor.
- Does not contain gluten. Safe for patients with Celiac Disease.

TARGET MARKET

Primary: Athletes looking for an effective, science-based, and great tasting formula to support critical biochemical and physiological demands during prolonged exercise.

RECOMMENDED STACK

- Cx3
- Max ACM
- Xtinguisher
- Nitro EXT
- Max EFA

† 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.