



## Endura® Hydrate & Replenish\*

**Form:** Powder  
**Flavor:** Lemonade  
**Size:** 30 Servings

Staying properly hydrated is essential to the athlete, whose exercise endurance and performance can depend on both fluid balance and key electrolytes. Hydrate with **Endura®**, a naturally flavored hydration powder containing a well-designed electrolyte profile to help support hydration and replenish electrolytes lost during exercise. Endura is formulated without artificial sweeteners or colors because we know what you put into your body—and what you don't—matters to you.\*

- Formulated to help support fluid balance\*
- When used as directed, delivers key electrolytes such as sodium and potassium to help replace those lost through sweating during exercise, activity, or hot weather conditions\*
- Helps support hydration during exercise. Maintaining sufficient hydration aids exercise performance and endurance.\*
- When used as directed, supplies 100 mg potassium and 150 mg of Sustamine® per serving to help support exercise performance\*

Ingredients	Amount Per Serving	% Daily Value
Serving Size	1 Packet (5.56 g)	
Servings Per Container	30	
Calories	10	
Total Carbohydrate	2 g	1%*
Vitamin C (as ascorbic acid)	120 mg	133%
Vitamin E (as d-alpha tocopheryl acetate)	20.1 mg	134%
Thiamin (as thiamin mononitrate)	2 mg	167%
Riboflavin	5 mg	385%
Niacin (as niacinamide)	10 mg	63%
Vitamin B <sub>6</sub> (as pyridoxine HCl)	5 mg	294%
Pantothenic Acid (as calcium D-pantothenate)	28 mg	560%
Calcium (as calcium citrate)	50 mg	4%
Phosphorous (as dipotassium phosphate)	20 mg	2%
Magnesium (as magnesium bis-glycinate)	150 mg	36%
Chromium (as chromium picolinate)	83 mcg	237%
Chloride (as sodium chloride)	270 mg	12%
Sodium (as sodium chloride)	180 mg	8%
Potassium (as dipotassium phosphate)	100 mg	2%
Malic Acid	500 mg	**
Taurine	500 mg	**
L-Alanyl-L-Glutamine	150 mg	**

rebaudioside A (from Stevia rebaudiana leaf extract).

**Directions:** Mix 1 packet into 8 fluid ounces of water 10-15 minutes before exercise and every 15 minutes when exercising or as directed by your healthcare practitioner.

**This product is non-GMO, gluten-free, and vegetarian.**

**Caution:** If pregnant or nursing, or taking medication, please consult your healthcare practitioner before use. Keep out of the reach of children.

**Tamper Evident:** Do not use if package is torn or open.

**Storage:** Keep in a cool, dry place.

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

\*\* Daily Value not established.

<sup>†</sup>No MSG

**WARNING: Consuming this product can expose you to chemicals including lead, which are known to the State of California to cause cancer and birth defects or other reproductive harm.**

**For more information go to [www.P65warnings.ca.gov/food](http://www.P65warnings.ca.gov/food)**

**Other Ingredients:** Citric acid, natural flavors,<sup>†</sup> and