

XENDURANCE®



PERFORMANCE / ENDURANCE / RECOVERY

Recommended Dosage

3-4 TABS PER SERVING (For optimal results)

Regular training days (including rest days)

Take 6 tabs a day: 3 in the morning, 3 in the evening

7-10 days prior to competing

Take 8 tabs a day: 4 in the morning, 4 in the evening

What else should I take?

Endurance athletes

We recommend taking Xendurance tablets alongside other products designed to promote recovery, such as Xendurance Protein, and also using lactate based fuel and hydration products to maximise the lactic acid buffer effects (for example Fuel-5 and Hydro X)

CrossFit / Gym athletes

We recommend taking Xendurance tablets alongside other products containing lactate to help promote the lactic acid buffer effects, for example Creatine-JB to maximise strength, and Fuel-5 to stay fuelled during workouts.

How should I take them?

Swallow the tablets, do not chew

These tablets are not designed to be chewed and this will reduce their effectiveness

Avoid taking with anything acidic

Do not consume the tablets alongside anything acidic, as this can reduce the effectiveness. Best taken with water and acting a few minutes before consuming anything acidic, such as coffee.

Ensure you take them every day

The tablets are slightly alkaline, and so work by putting your body into a very slightly alkaline state. Your body will then counteract this, so the tablets are not 'stored' within the body. Due to this, they need to be taken every single day, even on rest days.

Vegan friendly / Non-GMO / Gluten free /
Preservative Free

Contains no yeast, wheat, corn, milk, egg,
soy, artificial colours, sugar starch or



TEAMXND