

## Supplement Facts

**Serving Size: 3 Veggie Capsules Servings Per Container: 90**

|   | Amount Per Serving | NRV%  |
|---|--------------------|-------|
| <b>Endurance/ Adaptogen Blend:</b>  | 1785 mg            |       |
| Beta Alanine, Schisandra Chinensis Extract (fruit),<br>Panax Ginseng Extract (root) and Rhodiola Rosea Extract (root) |                    |       |
| <b>Support Blend:</b>   | 65 mg              |       |
| Cinnamon Bark Powder, Licorice Extract  |                    |       |
| <b>Energizing Vitamin Blend:</b>  | 77 mg              |       |
| Niacin (B3)   | 24.90 mg           | 138%  |
| Calcium Pantothenate (B5)   | 24.90 mg           | 415%  |
| Pyridoxine (B6)   | 9.99 mg            | 500%  |
| Riboflavin (B2)   | 9 mg               | 563%  |
| Thiamine (B1)   | 7.5 mg             | 536%  |
| Folic Acid  | 0.498 mg           | 249%  |
| Methylcobalamin (B12)   | 0.005 mg           | 1500% |
| Cholecalciferol (D3)  | 0.005 mg           | 100%  |

**OTHER INGREDIENTS:** Magnesium Stearate, Tri Calcium Phosphate, Silicon Dioxide and Vegetarian Capsule Shells (gelatin free).

**Distributed by:** P2Life (Pty) Ltd.

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### DIRECTIONS FOR USE:

Everyone's daily dosage of Ultima **Endurance** will vary according to how much stress and physical activity is encountered everyday. As stress or physical activity increases, adjust your dosage accordingly as suggested below.

**WHEN TO TAKE:** First thing in the morning on an empty stomach but can be taken with food.

**Adults and Children** (Over 12 years of age):

**For Promoting General Health:** 1 tablet per 25-30kg body weight, once daily.

**During Stressful Times:** 1 tablet per 20-25kg of body weight.

**During Competitions or periods of high physical exertion:** Take a **MAXIMUM** of 1 **ADDITIONAL** tablet per 20-25kg body weight, (in addition to normal daily dose). Take 45 min before activity begins.

**Maximum daily dose:** 1 tablet per 10kgs body weight.

**Children Aged 8 -11:** Maximum 1 tablet.

# Ultima Endurance

ADAPTOGENS

STRONGER THAN STRESS



DIETARY SUPPLEMENT

90 VEGGIE CAPSULES

SPORT

### WHAT ARE ADAPTOGENS:

Adaptogens are considered to be the most valuable of all natural plant nutrients. They have been proven to fight fatigue, both physical and mental. The adaptogens found in Ultima Endurance have been proven to increase physical endurance and also increase mental clarity and concentration.

### WHO SHOULD TAKE ADAPTOGENS:

- Anyone involved in sport.
- Anyone who leads a physically demanding lifestyle.
- Anyone who suffers from periods of low mental or physical energy during the day.
- Anyone studying, who works at night, or is under severe mental stress.

**IMPORTANT:** If you are taking any medication, have any ailment, or are pregnant or lactating, it is **ALWAYS** advisable to consult with your health professional before beginning any new health supplement.

*\*Disclaimer: This statement has not been evaluated by the Medicine Control Council. This product is not intended to diagnose, treat, cure or prevent any disease*