

Electrolyte/Energy formula

Supports hydration, stamina and electrolyte repletion[†]

INDICATIONS

- Ages 18 and up
- Stamina, hydration and electrolyte repletion during exercise or exertion[†]

BENEFITS

- Helps replenish electrolytes that are lost during exercise[†]
- Supports muscle energy and hydration during exercise[†]
- Glucose and maltodextrin provide sources of rapidly available energy, helping to delay fatigue[†]
- Optimized for strenuous or prolonged exercise at least 1-2 hours in length[†]

FEATURES

- Provides a balanced mix of electrolytes and carbohydrates combined with Krebs cycle intermediates and tyrosine
- Great-tasting lemon-lime flavor
- Convenient powder formula for easy dispensing
- Made with high-quality vegan ingredients backed by verifiable science

VERIFIABLE SCIENCE

Combines sodium, chloride, potassium, calcium and magnesium to replenish electrolytes lost during exercise.¹ Provides glucose and maltodextrin, important sources of rapidly available energy that spare glycogen stores and delay fatigue.² Contains the energy metabolites malic acid and alpha ketoglutarate, both Krebs cycle intermediates.³ Includes vitamin C to protect muscles from free radicals generated during exercise and to support tissue recovery.⁴ Supports mental focus under stressful conditions and may also help promote physical endurance with the amino acid l-tyrosine, a neurotransmitter precursor.⁵ Ideally suited for strenuous or prolonged exercise at least 1-2 hours in length.[†]

SUGGESTED USE

As a dietary supplement, take 1 scoop mixed in 8-10 oz water, 20 minutes before intense exercise, or as directed by a health professional.

STORAGE

Store in a cool, dry place.

WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

SOURCE

- Calcium, magnesium and potassium are from the lime of rock
- Citrate is derived from corn dextrose fermentation
- Alpha ketoglutarate and malic acid are synthetically produced
- l-Tyrosine (free-form) is derived from soy
- Maltodextrin and glucose are derived from corn

NOTES

Serving size 1 scoop (approximately 8.5 g)

Servings per container 40

Bottle quantity 12 oz (340 g)

Order code EEF3

Bottle size 19 oz

REFERENCES

1. Sun FH, et al. *Nutrients*. 2015 May 15;7(5):3739-50.
2. Coyle EF, et al. *J Appl Physiol Respir Environ Exerc Physiol*. 1983 Jul;55(1 Pt 1):230-5.
3. Kurhaliuk NM. *Fiziol Zh*. 2000;46(4):88-95. (animal)
4. Thompson D, et al. *Int J Sport Nutr Exerc Metab*. 2001 Dec;11(4):466-81.
5. Banderet LE, et al. *Brain Res Bull*. 1989 Apr;22(4):759-62.

Electrolyte/Energy formula

Supports hydration, stamina and electrolyte repletion[†]

SUPPLEMENT FACTS

1 scoop mixed in 8–10 oz water, 20 minutes before intense exercise, or as directed by a health professional.

Serving size: 1 scoop (approximately 8.5 g)

Servings per container: 40

Each scoop (approximately 8.5 g) contains:

Calories	30
Total carbohydrate	7 g
Total sugars	3.5 g
Includes 3.5 g of added sugars	
Vitamin C (as ascorbic acid)	100 mg
Calcium (as calcium citrate)	50 mg
Magnesium (as magnesium citrate)	50 mg
Chloride (as sodium chloride)	75 mg
Sodium (as sodium chloride)	60 mg
Potassium (as potassium phosphate)	50 mg
Alpha ketoglutarate	100 mg
Malic acid	100 mg
L-Tyrosine (free-form)	250 mg

Other ingredients: maltodextrin, glucose, natural lemon-lime flavor



Electrolyte/Energy formula	Quantity	Order Code
	12 oz (340 g)	EEF3

Visit PureEncapsulationsPro.com for more information about our GMO policy.

[†]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.

800.753.2277 | PureEncapsulationsPro.com

©2021 Pure Encapsulations, LLC. All Rights Reserved.

pure
encapsulations®