

The Gold Standard For Muscle Recovery

Developed by leading exercise physiologists Endurox R4, with its patented† ratio of carbohydrates to protein, is proven to speed muscle recovery and reduce muscle damage following exercise. No product can help you recover faster, recover better and come back stronger in your next workout.

Nutrition Engineered for Maximum Performance

Before During After

HYDRATION/	ACCELERADE® HYDRO™	X	X	X
FUELING	ACCELERADE®	X	X	X
ENERGIZE	ACCEL GEL.	X	X	
	2nd SURGE™	X	X	
RECOVERY	ENDUROX® R4®			X
	ACCEL RECOVER™		X	X

FPO
605439056019

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Store at room temperature.
Avoid excess heat above 104°F (40°C).


**CARBOHYDRATE
PROTEIN FORMULA**

NET WT 2.29 LBS (1.04 KG) 14 SERVINGS
Dietary Supplement

ALL NATURAL
LEMON LIME

BEFORE DURING AFTER

ENDUROX® R4®

Gold Standard for Muscle Recovery

Recover Faster
Rebuild Muscle Protein
Reduce Muscle Soreness
Come Back Stronger

Performance by the Numbers

18 peer reviewed studies have shown Endurox R4 delivers:

- 128%** greater replenishment of muscle glycogen than a carbohydrate sports drink*
- 38%** more muscle protein synthesis than a protein drink*
- 36%** reduction in post-exercise muscle damage*
- 55%** greater endurance in a subsequent workout*

Usage: Mix 2 scoops with 12 oz. of cold water. Take immediately after exercise.

*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.

Manufactured in a facility that processes eggs, wheat, tree nuts, fish, crustaceans and shellfish products.

Supplement Facts

Serving Size 2 Scoops (74g) in 12 fl. oz.
Servings Per Container 14

Amount Per Serving		
Calories	270	Calories from Fat 10
		% Daily Value*
Total Fat	1.5g	2%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	20mg	7%
Total Carbohydrate	52g	17%
Dietary Fiber	1g	4%
Sugars	38g	**
Protein	13g	26%
Vitamin C	250mg	430%
Vitamin E	215IU	730%
Calcium	225mg	25%
Magnesium	110mg	30%
Sodium	220mg	9%
Potassium	180mg	5%
L-Glutamine	420mg	**

*Percent Daily Values are based on a 2,000 calorie diet **Daily Value not established

Ingredients: Dextrose, maltodextrin, whey protein concentrate, soy protein isolate, fructose, sucrose, citric acid, turmeric (for color), natural flavors, soy lecithin, xanthan gum, Vitamin E acetate, magnesium carbonate, L-glutamine, ascorbic acid (Vitamin C), salt, potassium phosphate, fruit juice (for color).
Contains milk and soy.