

The Gold Standard For Muscle Recovery

Developed by leading exercise physiologists Endurox R4, with its patented¹ 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
605439055012

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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

CHOCOLATE

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	15mg		5%
Total Carbohydrate	52g		17%
Dietary Fiber	1g		4%
Sugars	40g		**
Protein	13g		26%
Vitamin C	250mg		430%
Vitamin E	215IU		730%
Calcium	215mg		20%
Magnesium	125mg		30%
Sodium	210mg		9%
Potassium	190mg		5%
L-Glutamine	420mg		**

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

Ingredients: Dextrose, whey protein concentrate, maltodextrin, soy protein isolate, natural cocoa, natural flavors, L-glutamine, magnesium carbonate, Vitamin E acetate, soy lecithin, salt, ascorbic acid (Vitamin C), potassium phosphate.

Contains milk and soy.