

YOU ARE GOING TO FEEL THE DIFFERENCE

Athletes place a lot of emphasis on training, yet ultimately, it is the quality of your recovery that determines how quickly you will improve. Aside from rest, good nutrition allows you to recover quickly. And good nutrition will give you the power to train harder the next day. The biggest mistake many athletes make is to avoid eating several hours before training. This can cause longer recovery times by allowing more muscle tissue to be consumed for energy during exercise.

With MET ENDURANCE™ you don't need to worry about stomach cramps associated with eating prior to exercise. It is easily digested and quickly absorbed. You can use it an hour before training and start each training session with muscles that are full of good nutrition. The bottom line: you will be able to train harder, recover more quickly, and improve faster!

MET ENDURANCE™ goes far beyond other meal replacement products by including a unique formulation of "metabolic" ingredients that specifically benefit the endurance athlete:

N-Acetyl-L-Cysteine (NAC)

Serious athletes generate large amounts of free radicals. This places increased stress on their body. Eventually this stress can degrade the immune system. NAC supports glutathione, which quenches free radicals and plays an important role in a strong immune system. NAC may also enhance performance by improving blood flow and oxygenation of tissues.

MCT's (Medium-Chain Triglycerides)

MCT's are a special type of fat that is easily digested and can be utilized, in place of carbohydrates, for fuel. MCT's provide twice the caloric density of carbohydrates. This means you don't need as much bulk and weight in your gut to get the energy you need. Also, when you burn fat as an energy source you feel less fatigued after training.

Succinates

Studies show that succinates allow you to generate more power at a given level of oxygen consumption and reduce the type of damage that results in soreness. With less soreness you can recover more quickly and feel less battered after a hard training session or event.

Arginine-Aspartate

Helps reduce lactic acid and plays a key role in the rate of blood flow to muscle, lungs and brain.

Hydrolyzed Whey Protein

Helps speed recovery by delivering vital nitrogen for the production of new tissue and metabolic factors such as enzymes.

Vitamin Blend with Antioxidants

Oxygen is the primary source of the most damaging type of free radicals: because athletes require more oxygen, they are at particular risk for the damaging effects of free radicals on tissues, recovery, and immunity. MET Endurance™ contains a wide array of antioxidants and vitamins that help quench free radicals resulting from the increased presence of oxygen.§

§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.

CHAMPION NUTRITION

METABOLOL ENDURANCE

MET

ENDURANCE

PRE- & POST-EVENT MEAL REPLACEMENT FUEL

SUSTAINED ENERGY AND RECOVERY FOR ENDURANCE EVENTS

IMPROVE VO² MAX • REDUCE LACTIC ACID

LACTOSE-FREE

Orange Smoothie

DIETARY SUPPLEMENT Net Wt. 2.3 lbs (1,040 g)

Supplement Facts

Serving Size 2 scoops (52g)
Servings per container 20

	Amount Per Serving	% DV*
Calories	200	
Calories from Fat	45	
Total Fat	5 g	8%
Saturated Fat	0.5 g	3%
Trans Fat	0 g	
Cholesterol	20 mg	7%
Sodium	210 mg	9%
Total Carbohydrate	24 g	8%
Sugars	7 g	
Protein	15 g	30%
Vitamin A (as beta-carotene)	2500 IU	50%
Vitamin C	120 mg	200%
Vitamin D	100 IU	25%
Vitamin E	165 IU	550%
Thiamin	1.5 mg	100%
Riboflavin	1.7 mg	100%
Niacin	20 mg	100%
Vitamin B6	2 mg	100%
Folate	400 mcg	100%
Vitamin B12	6 mcg	100%
Biotin	300 mcg	100%
Pantothenic Acid	10 mg	100%
Calcium	300 mg	30%
Iron	5.5 mg	30%
Phosphorus	250 mg	25%
Magnesium	200 mg	50%
Zinc	7.5 mg	50%
Selenium	55 mcg	80%
Copper	1 mg	50%
Potassium	300 mg	8%
N-acetyl-L-cysteine	250 mg	†

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

INGREDIENTS: Peptol Plus (proprietary protein blend which contains: whey protein concentrate, milk protein isolate, whey protein hydrolysate, egg albumen and L-leucine), EnduroCarb (proprietary carbohydrate blend which includes: pre-cooked rice flour, maltodextrin and modified food starch), fructose, sodium and potassium lactate, medium-chain triglycerides, dextrose, EnduroVite (vitamin-mineral blend which contains: magnesium oxide, tricalcium phosphate, potassium phosphate, beta carotene, vitamin E, ascorbic acid, inositol, choline bitartrate, biotin, niacinamide, zinc sulfate, ferrous fumarate, calcium pantothenate, copper gluconate, cyanocobalamin, pyridoxine HCl, thiamin HCl, riboflavin, folic acid, vitamin D, sodium selenite), natural and artificial flavoring, citric acid, xanthan gum, arginine-aspartate, N-acetyl-L-cysteine, cellulose gum, potassium citrate, aspartame*, salt, ginseng extract, quercetin, acesulfame-potassium, Succinate ETF (proprietary succinate compound that includes: potassium succinate, sodium succinate, magnesium succinate, calcium succinate). *Contains milk, egg, and soy.* *Phenylketonurics: This product contains Phenylalanine.

DIRECTIONS FOR USE: Mix one serving in 12oz. of water. Pre-workout: drink one hour before training or event. Most people can train immediately without any problem. Recovery: Use within 30 minutes after event or training for optimum results.

ALLERGY WARNING: Produced in a facility that processes milk, egg, soy, peanuts, soybeans, tree nuts, wheat and crustacean shellfish derivatives.

This product is intended for human use by healthy physically active adults. If you are pregnant, lactating, under medical care or using any medications, please consult your physician before using this or any other dietary supplement.

Contents may settle: Filled by weight, not by volume.



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