

## The Science Behind Accelerade

Accelerade represents a dramatic departure from conventional carbohydrate-only drinks that have dominated sports nutrition since the 1960's. Accelerade demolished the myth that protein does not fuel muscle cells and hinders rehydration. In a landmark study, researchers at James Madison University demonstrated in cyclists that Accelerade, compared to a conventional sports drink, increased endurance by 29%, decreased muscle damage by 83% and even increased endurance in a subsequent workout performed almost 24 hours later by 40%.

In another study, researchers showed Accelerade actually increased rehydration by 29% compared to a conventional sports drink. The reason being is Accelerade, with its combination of three rapid-acting carbohydrates plus protein, activates multiple sodium transport systems. The net result is improved rehydration.

Recently, much attention has been devoted to the role the brain plays in fatigue. It is now well accepted that during exercise fatigue signals emanating in the brain can reduce endurance. The high levels of branched-chain amino acids in Accelerade can inhibit the release of brain fatigue signals. In fact, research has shown that athletes consuming Accelerade had a lower level of perceived exertion and, at the same level of exercise intensity, did not experience as much strain. In other words, athletes were able to work harder, easier.

---

### Supplement Facts

Serving Size: 31 grams

Servings Per Container: 60

---

Ingredient	Amount	% Daily Value**
Calories	120	
Calories from Fat	5	
Total Fat	1g	2
Cholesterol	5mg	2
Sodium	220mg	9
Potassium	90mg	3
Total Carbohydrate	21g	7
Sugars	20g	
Protein	5g	
Vitamin C		100
Vitamin E		100
Calcium		10
Magnesium		30

---

\*\* Percent Daily Value is based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

† Daily Value not established.

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

**Ingredients:**

Sucrose, whey protein concentrate, soy protein concentrate, soy protein isolate, citric acid, fructose, natural flavors, soy lecithin, magnesium carbonate, salt, red beet (for color), guar gum, maltodextrin, potassium phosphate, vitamin E acetate, ascorbic acid (vitamin C).

For additional information and studies conducted using Accelerade please visit : <https://www.pacifichealthlabs.com/fuel/accelerade-protein-powered-sports-drink.html>

**About Endurox R4**

Over 15 peer-reviewed studies show that compared to a conventional recovery drink, Endurox R4:

- Increases glycogen replenishment by 200%
- Decreases muscle damage by 50% • Increases protein synthesis by 400%
- Extends endurance by 55% in a subsequent workout.

The important discovery that led to the development of Endurox R4 was the identification of the recovery window, the 45-minute interval following exercise. During this time, cellular processes involved in replenishing and rebuilding the muscle cells are activated. When the right combination of nutrients is provided during this critical time interval there is an enormous enhancement in muscle recovery. With Endurox R4 you recover faster, recover better and come back stronger.