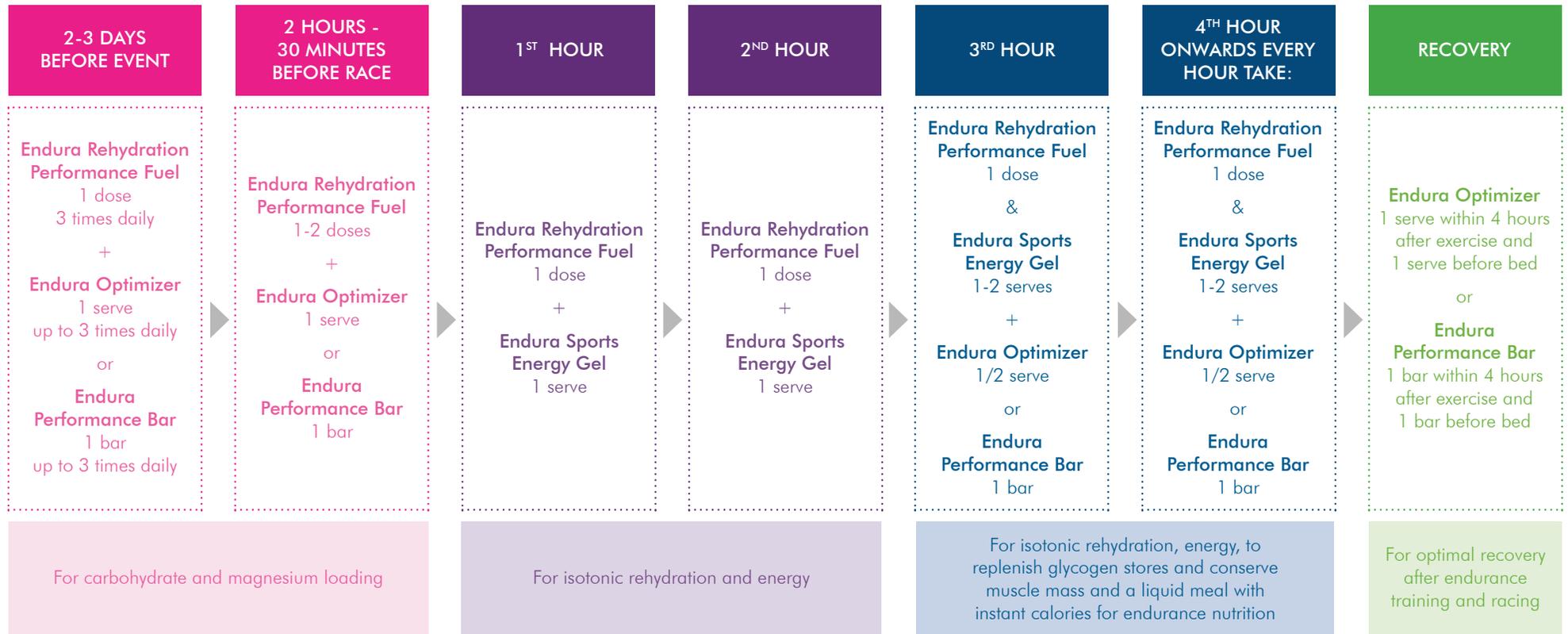


ENDURA RACE GUIDE FOR MODERATE TO INTENSE EXERCISE



- For AIS rehydration recommendations take Endura Rehydration Performance Fuel, 1 dose every 20 minutes of exercise.
- Endura Rehydration Performance Fuel (350 mL) can be substituted for Endura Rehydration Low Carb Fuel (350 mL). For every Endura Rehydration Performance Fuel not consumed, replace with 1 serve of Endura Sports Energy Gel for carbohydrates.
- For every Endura Rehydration Performance Fuel (350 mL) or Endura Optimizer (250 mL) not consumed, replace with 1 serve of Endura Sports Energy Gel.

- Endura Rehydration is for serious nutrition and rehydration during exercise and contains a full range of electrolytes including Meta Mag® Magnesium to support energy production as well as sports rehydration.
- Use Endura Rehydration Performance Fuel during training to determine the right level for your athletic performance. If required, alternate with Endura Sports Energy Gels.

These suggestions are for guidance purpose only.

Always read the label. Use only as directed. If symptoms persist consult your healthcare professional.