



Manufacturers of  
Hypo-allergenic  
Nutritional  
Supplements



# Electrolyte/ Energy formula

INTRODUCED 2006

## What Is It?

Electrolyte/Energy formula provides a balanced mix of electrolytes and carbohydrate combined with Krebs cycle intermediates and tyrosine to optimize physical and mental stamina. It is available in a lemon-lime flavored powder for convenient dosing.\*

## Uses For Energy/ Electrolytes

**Promote Endurance:** Electrolytes are vital cofactors for muscle energy metabolism and cell function. Suboptimal levels can compromise performance while optimal levels promote endurance and may lessen the perception of exertion during exercise. This formula combines sodium, chloride, potassium, calcium and magnesium to replenish electrolytes lost during exercise and to help retain hydration, particularly for workouts lasting longer than 1-2 hours. Maltodextrin and glucose contained in this formula provide pre-exercise support by providing rapidly available energy and helping to preserve glycogen stores during activity. Additionally, they serve to delay fatigue and help replenish glycogen stores post-exercise. Alpha ketoglutarate and malate are Krebs cycle intermediates, key substrates for energy production that help to maximize fat and carbohydrate utilization. Studies have revealed that alpha ketoglutarate, as a precursor to glutamine, may also help muscle protein synthesis and recovery. The amino acid l-tyrosine is a precursor to the catecholamine neurotransmitters, including dopamine, epinephrine and norepinephrine. Research has indicated that l-tyrosine promotes mental focus under stressful conditions and may also help promote physical endurance.\*

## What Is The Source?

Calcium, magnesium and potassium are from the lime of rock. Citrate is derived from corn dextrose fermentation. Alpha ketoglutarate and malic acid are synthetically produced. l-Tyrosine (free-form) is derived from soy. Maltodextrin and glucose are derived from corn.

## Recommendations

Pure Encapsulations recommends 1 serving (2 scoops), mixed in 8-10 oz. of water, 20 minutes before intense exercise. Take an additional 2-4 scoops during training or an event if needed.

## Are There Any Potential Side Effects Or Precautions?

In rare cases, certain ingredients may cause gastrointestinal upset including nausea, heartburn or diarrhea. Large amounts of magnesium may cause loose stools. Rarely, tyrosine can cause headache, fatigue or joint discomfort. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

Tyrosine may interact with L-Dopa or thyroid hormone medications. Consult your physician for more information.

### Electrolyte/Energy formula

<b>two scoops contain</b> <b>V</b>	
calories .....	60
carbohydrate .....	14 g
sugars (glucose) .....	7 g
other (maltodextrin) .....	7 g
ascorbic acid.....	200 mg
calcium (citrate) .....	100 mg
magnesium (citrate).....	100 mg
chloride (as sodium chloride) .....	150 mg
sodium (as sodium chloride) .....	100 mg
potassium (phosphate).....	100 mg
alpha ketoglutarate.....	200 mg
malic acid .....	200 mg
l-tyrosine (free-form).....	500 mg
other ingredients: maltodextrin, glucose, natural lemon-lime flavor	

**serving size: 17 g (2 scoops)**

**servings per container: 20**

**2 scoops, mixed in 8-10 oz water, 20 minutes before intense exercise. Take an additional 2-4 scoops during training or an event if needed.**

**\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**

For educational purposes only. Consult your physician for any health problems.



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