



# Electrolyte / Energy formula (stick packs)

Introduced 2015



## What Is It?

Electrolyte/Energy formula (stick packs) provides a balanced mix of electrolytes and unique carbohydrates combined with d-ribose and vitamin C in convenient great-tasting single-serving stick packs to optimize physical and mental stamina.\*

## Uses For Electrolyte / Energy formula (stick packs)

**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. Cluster Dextrin® and glucose provide pre-exercise support by providing rapidly available energy, helping to preserve glycogen stores during activity. Cluster Dextrin®, also known as highly branched cyclic dextrin, offers a unique form of carbohydrate designed for rapid yet sustained energy to enhance endurance and delay fatigue. In a double-blind crossover trial involving 24 men, those supplemented with Cluster Dextrin® had a lower rate of perceived exertion at 30 and 60 minutes compared to men supplemented with maltodextrin or glucose. In another experimental trial involving 7 elite swimmers, supplementation with 1.5 g/kg body weight of Cluster Dextrin® significantly promoted endurance compared to a comparable glucose solution. It may also enhance fat burning compared to other forms of carbohydrate. Supplementation with Cluster Dextrin® resulted in an increased release of non-esterified fatty acids compared with maltodextrin, suggesting enhanced fatty acid release from the adipose tissue for use as energy. Ribose is included in the formula to support peak ATP production for rapid energy repletion during intense exercise. Vitamin C is an important antioxidant and free radical scavenger. Exercise studies indicate that it protects proteins from oxidative stress as well as supports muscle function and comfort.\*

## What Is The Source?

Calcium, magnesium, sodium, chloride and potassium are from elemental ore. Citrate and ribose are derived from corn dextrose fermentation. Malic acid is synthetically produced. Cluster Dextrin® and glucose are derived from corn. Natural flavor is derived from lemon and lime.

## Recommendations

Pure Encapsulations® recommends 1 serving mixed in 8-10 oz water, 20 minutes before intense exercise, or as directed by a health professional.

## Are There Any Potential Side Effects Or Precautions?

In a small number of instances, diarrhea, gastrointestinal discomfort, nausea, and headache have been reported with ribose supplementation. Ribose may have a hypoglycemic effect, which appears to be transient and clinically non-significant. It is advised that diabetics be supervised closely by their healthcare practitioner. Large amounts of magnesium may cause loose stools. If pregnant or lactating, consult your physician before taking this product.

## Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications. Consult your physician for more information.

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each stick pack (9.9 g) contains v

calories .....	30
total carbohydrates.....	8 g
sugars.....	3 g
vitamin C (as ascorbic acid).....	100 mg
calcium (as calcium citrate).....	50 mg
magnesium (as magnesium citrate).....	50 mg
chloride (from sodium chloride).....	150 mg
sodium (from sodium chloride).....	100 mg
potassium (as potassium phosphate).....	50 mg
d-Ribose .....	200 mg
malic acid .....	100 mg

other ingredients: Cluster dextrin® highly branched cyclic dextrin,  
glucose, natural lemon and lime flavors

serving size: 9.9 g (1 stick pack)  
servings per container: 30

1 serving mixed in 8-10 oz water, 20 minutes before intense  
exercise, or as directed by a health professional.