

## Endurance Recovery Drink Comparison Chart

	First Endurance	Hammer Gel	Pacific Health Labs	Powerbar	Cvtomax	Enervit
	<b>UltraGen</b>	<b>Recoverite</b>	<b>EnduroxR4</b>	<b>Performance Recovery</b>	<b>Recovery</b>	<b>R2</b>
<b>Calories</b>	320 calories <b>+</b> effective for complete recovery	180 calories <b>-</b> Not enough for full recovery	270 calories <b>+</b> a good dose	90 calories <b>-</b> not nearly enough in one serving	348 calories <b>+</b> effective for complete recovery	220 calories <b>-</b> marginal dose
<b>Carbohydrate</b>	60G 100% Dextrose <b>+</b> 100% dextrose= the highest glycemic index possible. Allowing for maximum nutrient shuttled into the muscle. GI=100	33g 100% Maltodextrin <b>-</b> Maltodextrin is lower glycemic than glucose.	53G complex carbs, glucose, fructose <b>-</b> complex carbs and fructose are both slowly absorbed	20G Maltodextrin, dextrose, fructose <b>-</b> Not enough carbohydrates to fully replenish lost glycogen stores. Fructose is slowly absorbed.	18G maltodextrin,fructose <b>-</b> Not enough carbohydrates to fully replenish lost glycogen stores. Fructose is slowly absorbed.	40G Dextrose, sucrose, maltodextrin <b>+</b> A good dose of Carbs which are primarily high glycemic
<b>Proteins (in Grams)</b>	20 Whey Protein Isolate, Milk Protein Isolate, Whey Protein Hydrolysate <b>+</b> Ultra fast absorbing Proteins BV=100 PDCAA+100 PER=100*	10 Whey Protein Isolate <b>+</b> Ultra fast absorbing Proteins BV=100 PDCAA+100 PER=100*	14 Whey Protein Concentrate <b>-</b> slow absorbing protein	3 Whey Protein Isolate <b>-</b> not enough protein to repair damaged muscle tissue	26 Mycellular Protein(milk protein), Whey Protein concentrate, Whey Isolate, Milk Protein <b>+</b> A good protein mix though some sources are slowly absorbed	2 Hydrolyzed Whey Protein <b>-</b> insignificant amounts of protein
<b>Glutamine (in Grams)</b>	6.0 L-Glutamine <b>+</b> 6g clinical effective dose for glycogen resynthesis and immune improvement	3.0 L-Glutamine <b>-</b> Not enough to cause improved glycogen resynthesis or immune enhancement	2.5 L-Glutamine <b>-</b> Not enough to cause improved glycogen resynthesis or immune enhancement	0 L-Glutamine <b>-</b> no glutamine	3.7 L-Glutamine <b>-</b> Not enough to cause improved glycogen resynthesis or immune enhancement	1 L-Glutamine <b>-</b> Not enough to cause improved glycogen resynthesis or immune enhancement
<b>BCAA's (in Grams)</b>	4.5 Leucine, IsoLeucine, Valine <b>+</b> clinically effective dose	0 Leucine, IsoLeucine, Valine <b>-</b> No BCAA's listed	2.7 Leucine, IsoLeucine, Valine <b>-</b> lower than clinical research indicates is necessary	0 none indicated <b>-</b> No BCAA's listed	5 Leucine, IsoLeucine, Valine <b>+</b> clinically effective dose	4.8 Leucine, IsoLeucine, Valine <b>+</b> clinically effective dose
<b>Antioxidant Blend</b>	400mg Vitamin C 400IU Vitamin E <b>+</b> clinically effective dose	0 Vitamin C 0 Vitamin E <b>-</b> No antioxidants	470mg Vitamin C 400IU Vitamin E <b>+</b> clinically effective dose	0 Vitamin C 0 Vitamin E <b>-</b> No antioxidants	30mg Vitamin C 120IU Vitamin E <b>-</b> not enough to cause an effect	60mg Vitamin C 10IU Vitamin E <b>-</b> not enough to cause an effect
<b>Electrolyte Blend</b>	350mg Sodium 200mg Potassium 500mg Calcium 250mg Magnesium 150mg Chloride <b>+</b> more than anyone on the market-contains the right ratio of all 5 electrolytes at the levels needed for recovery	29mg Sodium 19mg Potassium 37mg Calcium 19mg Magnesium 44mg Chloride <b>-</b> Too little post-exercise.	220mg Sodium 120mg Potassium 100mg Calcium 250mg Magnesium 0 Chloride <b>-</b> may be too little post exercise- Calcium/Magnesium ratio is inconsistent with research. missing chloride.	250mg Sodium 10mg Potassium 0 Calcium 16mg Magnesium 200mg Chloride <b>-</b> The sodium and chloride content significant. All other electrolytes are too low.	0 Sodium 0 Potassium 150mg Calcium 60mg Magnesium 0 Chloride <b>-</b> may be too little post exercise- missing 3 of 5 electrolytes	65mg Sodium 80mg Potassium 0 Calcium 35mg Magnesium 0 Chloride <b>-</b> may be too little post exercise- missing 2 of 5 electrolytes
<b>Vitamin/Mineral Blend</b>	50%-1,330% 19 vitamins and minerals <b>+</b> Levels which are effective at controlling cortisol	0%-240% 1 vitamin(B6) + 60mg Carnosine, 13mg Tyrosine, 37mg Glycine <b>-</b> Incomplete vitamin/mineral blend and insignificant amounts of additional amino acids	3% 1330% 6 vitamins and minerals <b>-</b> Incomplete vitamin/mineral blend	6%-10% 4 minerals, no vitamins <b>-</b> insignificant	15%-200% 20 vitamins and minerals <b>-</b> 7 of 20 are below 20% RDA	2%-100% 9 vitamins and minerals <b>-</b> insignificant amounts of any vitamins or minerals
<b>Flavors, Sweeteners, colors</b>	ALL Natural <b>+</b> All natural colors, flavors, sweeteners	ALL Natural <b>+</b> All natural colors, flavors, sweeteners	Artificial flavors, natural sweeteners, artificial colors <b>-</b> artificial FD&C red#40	All Natural <b>+</b> All natural colors, flavors, sweeteners	sucralose, sunnet, artificial color <b>-</b> artificial sucralose, sunnet and colors	Aculfame K and Artificial flavor <b>-</b> Artificial flavors and sweeteners

First Endurance has gathered the above information from product labeling, company websites and publicly-available clinical research. For the most part, the conclusions about the adequacy or performance of products or their ingredients are based on third-party research. First Endurance believes the information is accurate, and has attempted to portray the information objectively. However, others may have different opinions or reach different conclusions.

