

## Endurance Recovery Drink Comparison Chart

|                                    | First Endurance  | Pacific Health Labs  | Powerbar  | G-Push   | Cytomax   | Enervit  | Ajinomoto   |
|------------------------------------|--|--|---|--|---|--|---|
|                                    | <b>Ultragen</b>  | <b>EnduroxR4</b>   | <b>Performance Recovery</b>   | <b>G-Push G4</b>   | <b>Recovery</b>   | <b>R2</b>  | <b>Amino Vital "Fast-Charge"</b>  |
| <b>Calories</b>                    | 320 calories<br>+ effective for complete recovery  | 270 calories<br>+ a good dose  | 90 calories<br>- not nearly enough in one serving   | 220 calories<br>- marginal dose  | 348 calories<br>+ effective for complete recovery   | 220 calories<br>- marginal dose  | 15 calories<br>- not nearly enough in one serving   |
| <b>Carbohydrate</b>                | 60G 100% Dextrose<br>+ 100% dextrose= the highest glycemic index possible. Allowing for maximum nutrient shuttled into the muscle. GI=100  | 53G complex carbs, glucose, fructose<br>- complex carbs and fructose are both slowly absorbed  | 20G Maltodextrin, dextrose, fructose<br>- Not enough carbohydrates to fully replenish lost glycogen stores. Fructose is slowly absorbed.                              | 54G maltodextrin, galactose<br>-/+ A good dose of carbs though, Galactose is low glycemic hence slowly absorbed  | 18G maltodextrin,fructose<br>- Not enough carbohydrates to fully replenish lost glycogen stores. Fructose is slowly absorbed.                             | 40G Dextrose, sucrose, maltodextrin<br>+ A good dose of Carbs which are primarily high glycemic  | 2g Maltitol<br>- a sugar alcohol with no significant benefits at 2g.                                  |
| <b>Proteins (in Grams)</b>         | 20 Whey Protein Isolate, Milk Protein Isolate, Whey Protein Hydrolysate<br>+ Ultra fast absorbing Proteins BV=100 PDCAA+100 PER=100*   | 14 Whey Protein Concentrate<br>- slow absorbing protein  | 3 Whey Protein Isolate<br>- not enough protein to repair damaged muscle tissue  | 1 no significant protein<br>- no significant protein   | 26 Mycellular Protein(milk protein), Whey Protein concentrate, Whey Isolate, Milk Protein<br>+ A good protein mix though some sources are slowly absorbed | 2 Hydrolyzed Whey Protein<br>- insignificant amounts of protein  | 0 no protein<br>- no protein  |
| <b>Glutamine (in Grams)</b>        | 6.0 L-Glutamine<br>+ 6g clinical effective dose for glycogen resynthesis and immune improvement  | 2.5 L-Glutamine<br>- Not enough to cause improved glycogen resynthesis or immune enhancement   | 0 L-Glutamine<br>- no glutamine   | ? Hydrolyzed Wheat Protein listed<br>- label does not list how much?   | 3.7 L-Glutamine<br>- Not enough to cause improved glycogen resynthesis or immune enhancement  | 1 L-Glutamine<br>- Not enough to cause improved glycogen resynthesis or immune enhancement   | 0.59 L-Glutamine-(590mg)<br>- Not enough to cause improved glycogen resynthesis or immune enhancement |
| <b>BCAA's (in Grams)</b>           | 4.5 Leucine, IsoLeucine, Valine<br>+ clinically effective dose   | 2.7 Leucine, IsoLeucine, Valine<br>- lower than clinical research indicates is necessary   | 0 none indicated<br>- No BCAA's listed  | 0 none indicated<br>- none indicated   | 5 Leucine, IsoLeucine, Valine<br>+ clinically effective dose  | 4.8 Leucine, IsoLeucine, Valine<br>+ clinically effective dose   | 1.2 Leucine, IsoLeucine, Valine (1240mg)<br>- lower than clinical research indicates is necessary     |
| <b>Antioxidant Blend</b>           | 400mg Vitamin C<br>400IU Vitamin E<br>+ clinically effective dose  | 470mg Vitamin C<br>400IU Vitamin E<br>+ clinically effective dose  | 0 Vitamin C<br>0 Vitamin E<br>- No antioxidants   | 45mg Vitamin C<br>45IU Vitamin E<br>- not enough to cause an effect  | 30mg Vitamin C<br>120IU Vitamin E<br>- not enough to cause an effect  | 60mg Vitamin C<br>10IU Vitamin E<br>- not enough to cause an effect  | 125mg Vitamin C<br>41IU Vitamin E<br>- not enough to cause an effect                                  |
| <b>Electrolyte Blend</b>           | 350mg Sodium<br>200mg Potassium<br>500mg Calcium<br>250mg Magnesium<br>150mg Chloride<br>+ more than anyone on the market-contains the right ratio of all 5 electrolytes at the levels needed for recovery | 220mg Sodium<br>120mg Potassium<br>100mg Calcium<br>250mg Magnesium<br>0 Chloride<br>- may be too little post exercise- Calcium/Magnesium ratio is inconsistent with research. missing chloride. | 250mg Sodium<br>10mg Potassium<br>0 Calcium<br>16mg Magnesium<br>200mg Chloride<br>- The sodium and chloride content significant. All other electrolytes are too low. | 170mg Sodium<br>40mg Potassium<br>300mg Calcium<br>8mg Magnesium<br>300mg Chloride<br>- ratio's are inconsistent with clinical studies: may hinder electrolyte balance | 0 Sodium<br>0 Potassium<br>150mg Calcium<br>60mg Magnesium<br>0 Chloride<br>- may be too little post exercise- missing 3 of 5 electrolytes                | 65mg Sodium<br>80mg Potassium<br>0 Calcium<br>35mg Magnesium<br>0 Chloride<br>- may be too little post exercise- missing 2 of 5 electrolytes | 0mg Sodium<br>0mg Potassium<br>0mg Calcium<br>0mg Magnesium<br>0mg Chloride<br>- No electrolytes      |
| <b>Vitamin/Mineral Blend</b>       | 50%-1,330% 19 vitamins and minerals<br>+ Levels which are effective at controlling cortisol  | 3% 1330% 6 vitamins and minerals<br>- Incomplete vitamin/mineral blend   | 6%-10% 4 minerals, no vitamins<br>- insignificant   | 2% 75% 20 vitamins and minerals<br>- Very, very low doses in most ingredients  | 15%-200% 20 vitamins and minerals<br>- 7 of 20 are below 20% RDA  | 2%-100% 9 vitamins and minerals<br>- insignificant amounts of any vitamins or minerals   | 2%-208% 10 vitamins and minerals<br>- insignificant amounts of any vitamins or minerals               |
| <b>Flavors, Sweeteners, colors</b> | ALL Natural<br>+ All natural colors, flavors, sweeteners   | Artificial flavors, natural sweeteners, artificial colors<br>- artificial FD&C red#40  | All Natural<br>+ All natural colors, flavors, sweeteners  | Natural and artificial flavors, artificial sweeteners<br>- artificial aceulfame K  | sucralose, sunnet, artificial color<br>- artificial sucralose, sunnet and colors  | Aculfame K and Artificial flavor<br>- Artificial flavors and sweeteners  | ? not listed<br>? not listed  |

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.

