

## MEET THE PRODUCT



# ARBONNE® PHYTOSPORT™ PREPARE & ENDURE

Be your best from start to finish. Maintaining endurance and energy is crucial to supporting peak physical performance. Prepare & Endure delivers carbohydrates to support energy production during exercise, amino acids for muscle protein synthesis, as well as antioxidants for the maintenance of good health and botanicals like panax ginseng, which helps enhance physical performance when the body is in physical stress. #6099 🇨🇦

### FEATURES

- Orange-pineapple flavoured, powdered drink provides simple carbohydrates that can be readily converted into functional energy for maintaining endurance
- Source of amino acids involved in muscle protein synthesis
- Helps increase physical performance during intensive exercise
- Formulated for men and women 18 and older to support all levels of activity or competitive performance
- Formulated without artificial flavours, colours or sweeteners
- Certified vegan, gluten-free, kosher, and BSCG



### KEY INGREDIENTS & BENEFITS

- Blend of key botanicals — including cayenne, ginseng and turmeric — supports peripheral circulation, physical capacity and performance, as well as offers antioxidant protection
- Amino acids and vitamins help support muscle protein synthesis and maintain cellular energy output
- Vitamin B12 helps support red blood cell formation
- Contains panax ginseng to help enhance physical performance in cases of physical stress

### HOW TO USE

Mix well or shake 1 stick pack (12.8 g) with 250–500 ml of water immediately before consumption, prior to or during exercise. Consume 30–60 grams of carbohydrates per hour of high-intensity exercise.



### BSCG CERTIFICATION

Banned Substances Control Group (BSCG) tests for more than 207 drugs banned by sporting groups including the ADA, NFL, MLB, NHL, NBA, MLS, PGA, LPGA, and NCAA, and is the only certification provider to cover an additional 185 prescription and over-the-counter drugs not banned in sports. BSCG also regularly tests products for label verification, identity and contaminants, and audits manufacturers for Good Manufacturing Practices (GMP) compliance.



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## ARBONNE ADVANTAGE

Arbonne PhytoSport™ products can help you achieve peak performance in sports and exercise. Utilize the entire Arbonne PhytoSport™ collection to promote increased endurance and energy, while also supporting blood flow and oxygen to muscles, thereby helping support post-exercise recovery.

## COMPLEMENTARY PRODUCTS

Arbonne PhytoSport™

Complete Hydration, #6264

After Workout, #6268

## MEDICINAL INGREDIENTS

### Each 12.8 g serving contains:

Sucrose.....	7 g
L-Glutamine .....	1,000 mg
L-Arginine .....	1,000 mg
Panax ginseng (root) 4:1, 520 mg crude equivalent .....	130 mg
Vitamin C .....	105 mg
Potassium (potassium citrate, dipotassium phosphate).....	100 mg
L-Carnitine (L-carnitine tartrate).....	100 mg
Curcuma longa, Turmeric (root) 4:1, 220 mg crude equivalent.....	55 mg
Vitamin E (D-alpha tocopherol).....	10 mg AT
Capsicum annum, Cayenne (fruit) 4:1,16 mg crude equivalent.....	4 mg
Vitamin B6 (pyridoxine hydrochloride) .....	1 mg
Riboflavin .....	425 µg
Folate (folic acid) .....	400 µg
Thiamine, Vitamin B1 (thiamine hydrochloride) .....	375 µg
Beta-carotene .....	600 µg (300 µg RAE)
Vitamin B12, Cyanocobalamin .....	3 µg

**NON-MEDICINAL INGREDIENTS:** sodium gluconate, citric acid, silicon dioxide, natural orange flavour, natural pineapple flavour, stevia rebaudiana leaf, maltodextrin (non-GMO), calcium phosphate dibasic.

## ADDITIONAL NUTRITIONAL INFORMATION:

Per serving

- 45 kcal
- 9 grams of carbs
- 7 grams of sugar

Per Health Canada regulations, sampling of this product requires the completion and submission of our consumer survey. Please visit [survey.arbonne.com](http://survey.arbonne.com) to access the short survey and details about how to complete and submit it.

