

ESF – Electrolyte Fueling System

EFS provides the ideal blend of simple and complex carbohydrates, amino acids, antioxidants and electrolytes required to fuel working muscles and increase endurance during exercise.

With the highest electrolyte content available (1160 mg total of all 5 electrolytes/serving) you don't need to carry any additional tablets or add anything to the mixture. EFS tastes great! Not chalky or overly sweet so you won't experience sweetness fatigue.

EFS does not contain Vitamin C (ascorbic acid) because the latest research has shown that vitamin C can have a negative effect on training and performance when consumed during exercise.

EFS contains 5 electrolytes (total blend 1160mg – highest mixture on the market)

- Sodium 300mg
- Potassium 160mg
- Chloride 450mg
- Magnesium 150mg
- Calcium 100mg

Contains 2g of free form amino acids (FFAA) which is the equivalent in BCAA and glutamine profile to 9g of Whey Protein.

There is a significant amount of clinical evidence dating back to 1991 supporting the use of Glutamine and BCAAs. Studies show that supplementing with as little as 1g of FFAA (free form amino acid)

- Improves performance
- Reduces post-exercise damage
- Improves muscle glycogen resynthesis
- Reduces central fatigue
- Improves perceived exertion

First Endurance decided to use FFAA over other forms of protein because

- Protein is more difficult to digest than AA during exercise (slow to digest)
- Protein doesn't taste very good during exercise
- Protein can reduce the glycemic index of a drink, therefore, reducing its ability to be absorbed quickly

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The amino acids in EFS are AjiPure AA, the purest most bio-available source of FFAA available resulting in faster more complete absorption. AjiPure are 99%-100% purity.

EFS contains 700mg of Malic Acid. Malic Acid stimulates oxygen consumption by:

- Increasing mitochondrial uptake
- Improving mitochondrial respiration
- Increases energy production (ATP)

MA is essential in the formation of ATP. MA allows the body to make ATP more efficiently under low oxygen or hypoxic conditions.

The carbohydrate source in EFS is a mix of high glycemic carbohydrates that include both simple and complex sugars. The mix is rapidly absorbed and delivers both fast and long term energy. Very easy to digest.

There are 25 serving per canister

Who will benefit from using EFS

- Athletes experiencing cramping
- Athletes who demand rapid fluid absorption in order to stay hydrated
- Any athlete exercising for 1 hour or more

Would you use EFS for a short race?

- Short races are not as demanding on glycogen stores
- Ingesting a serving 15-30 min prior to the event may provide a greater benefit

Long races

- Put considerable stress on the body
- Glycogen stores are depleted
- Cells experience damage from cellular oxidization
- Electrolytes and amino acids are depleted

Superior calcium bioavailability

- Utilizes Di Calcium Malate and Di Magnesium Malate (a superior choice in minerals). They have absorption rates 20%-100% higher when compared to other minerals

Works best by mixing 1 scoop (96 cal 1160mg electrolyte) in 12oz of water