

Personal From the Editor

Welcome to the 20th edition of Endurance News! It's hard to believe sometimes that we have been putting out this little newsletter for over 5 years. I hope that our readers, old and new, will enjoy this anniversary edition as much as the previous 19. If you have missed some or all of our previous issues, they are accessible through our web site www.e-caps.com or back issues can be mailed to you for \$2 each.

Besides developing new products and improving customer education on existing products, water quality continues to be a major concern of mine. There is no mystery as to the dangerous, toxic state of our water supply and the damage it does to our health and consequently our physical performance. Yet, so many of you continue to unnecessarily expose yourselves to it or make halfhearted attempts to address the problem by drinking less or buying outrageously expensive bottled water.

If you received the large E-CAPS mailer documenting the pathetic state of our water supply and the best purification devices available to protect you from these dangerous contaminants but haven't acted yet, please, please read it carefully and take action. If you did not receive the water mailer, give E-CAPS a call @ 1 800-336-1977 and they will send you the information. Taking control of your water supply and reaping the benefits of drinking pure water is a decision you will never regret.

Be healthy, train hard
and hammer on race day!

Brian Frank



Two New Hammer Gel Flavors - Banana & Orange

By the time you read this, two delicious new flavors of Hammer Gel will be in stock and flying right back out the door. And, if you like the way our Raspberry flavor tastes, you're going to love the new ones. The Research & Development team at Hammer Nutrition has been working on new Hammer Gel flavors to add to the existing Raspberry, Vanilla, Chocolate, Espresso and Un-Flavored. We have also been listening to the suggestions of our customers with respect to new flavors they would like to see introduced. Although the flavor requests ranged from apple to peanut butter and kiwi, it became quite clear that orange and banana were most frequently requested.

Since customer input is of paramount importance at E-CAPS/Hammer Nutrition, the R&D team set out to develop the best tasting Orange and Banana flavored

energy gel ever. It was a foregone conclusion that the key, just as with the popular Raspberry flavor, was to use real fruit as the basis for the new flavors. After all, the goal was to create real fruit taste, not the synthetic or artificial taste that is common to other products in the gel category. By using real banana puree and low acid, pulp free, unsweetened orange juice concentrate the goal was successfully accomplished. After several months of taste testing and minor tweaks to the formula, Banana and Orange flavored Hammer Gel tasted so good that the R&D team couldn't stop eating them. That was when we knew they were ready for market.

Next time you order Hammer Gel, try a jug of Banana or Orange or just ask for a sample when you order your usual flavors.



Sucralose—The Next Artificial Sweetener



On April 1st, 1998, CNN announced that Sucralose, a non-caloric sweetener made from sugar, was approved by the FDA for dietary use in the USA. Not every "approved" food supplement is necessarily good for us. Reasonable questions have been entertained recently as to the long-term safety of several "approved" toxic sweeteners such as Aspartame, Neotame, Acesulfame-K, Cyclamates, Saccharin, and several of the sugar alcohols.

Sucralose is 600 times sweeter than table sugar. It is derived from sugar in a multiple of chemically-engineered steps that selectively substitutes

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Distilled Water—A Neat Little Study

By Bill Misner, Ph.D.

Plant cells are like human cells. They both show a high degree of organization: a nuclear envelope forms a barrier between DNA and the cytoplasm of the cell. Mitochondria convert glucose-like substances into nutrients the plant uses to sustain itself for growth and replication.

Cell growth and reproduction rates define the very foundation of enhanced endurance performance. When an athlete applies demands on musculature, circulation, and respiration during training, it is the cellular response that improves (or depresses) performance when increased efforts for competition are required.

Eric Harr, triathlete, and Scott Moninger, cyclist, have both stated they believe distilled water is an ergogenic advantage, that it is a fluid substrate of merit for performance. The question is begged, "What is the cellular-response advantage of distilled water (free of toxins, microorganisms and dissolved solids) over tap water or carbon-block filtered water?"

Since my very crude lab lacks both human donor cells and the expensive equipment of a well-funded government university research grant, I elected to isolate the growth and germination rates of organic sunflower seeds and/or organic pumpkin seeds in environments of tap water, carbon-block filtered water, or distilled water.

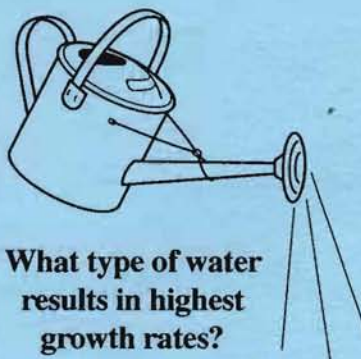
In the first study, total growth rates of organic pumpkin and sunflower seed (in inorganic ash) were as follows:

Using Water only

Total growth period, 7 days

Distilled Water	130 mm
Tap Water	125 mm
Carbon-Block Filtered	112 mm

In the second study, 10 randomly selected healthy appearing organic sunflower seeds were placed inside white paper towels in 3 separate, sterile containers. Then 40 milliliters of (1) tap water,



(2) carbon-block filtered water, (3) distilled water were added to each container. Germination was complete for all three conditions by 120 hours. Tap water germination completed in 102 hours, while carbon-block filtered and distilled water germination took 120 hours. However, total growth significantly favored the seeds in the distilled water medium.

Type of water	Avg Growth
Tap Water	19.5 mm
Carbon-block Filtered	21.7 mm
Distilled Water	22.2 mm

An average of +2.27% increased rate of cellular growth in these small simple seeds is somewhat limited in scope, but nevertheless it could be an incredible find-

ing, in light of a strikingly parallel fact! It was Eric Harr, pro triathlete, who told Mr. Eldon Muehling, Pure Water Inc., that using distilled water in training and competitive events generates at least a 2% personal ergogenic advantage compared to the use of other sources of water for hydration.

These are meant to be merely "observations" on my part, not conclusive evidence. Many studies have been completed with impressive numbers, data that is statistically significant, reliable, and precisely correlated within the bounds of peer-review research from comparative scientific journals on the benefits of pure water.

While submariners use only distilled water in the depths of the ocean, NASA astronauts in the far reaches of space drink only distilled water, and surgeons in hospitals will apply no IV or fluid-administered procedure without pure-distilled water, still endurance athletes trudging against trenches and time may not only be the last ones to gain real benefits from using pure distillates, but may be the ones who gain the most!

Are You Suffering From Protein Deficiency?

Recent studies have proven that endurance athletes DO need more protein than previously thought. In fact, researchers have found that 1/2 to 3/4 of a gram of protein per pound of body weight each day are needed to prevent negative nitrogen balances and thus, delayed muscular recovery. So, if you weigh 150 pounds, you need between 75 and 112 grams of protein each day. If you are like the majority of endurance athletes, you are probably only getting 40-50 grams or less right now. Unless you can double your protein in

your regular diet, protein powder supplements are a convenient, cost effective way to boost your protein intake to the desired levels for optimum muscular performance and recovery.

These protein formulae can solve your protein blues easily without harmful refined sugars or artificial sweeteners/flavors. Both formulae are lightly flavored and can be mixed with water, juice or made into blender/shake type drinks.

Distilled Water Enhances Mineral Absorption

By Dr. Bill Misner

Editor's Note: Since settling on distilling as the water purification process of choice, we have heard some pretty bizarre assertions about supposed "negatives" associated with drinking distilled water. Even though there is no basis for these claims, scientific or otherwise, they continue to be mentioned as if they are fact. So, I asked Dr. Bill to address one of the most commonly used knocks against distilled water: That it removes vital minerals from water and even leaches minerals from the body.

Does Distilled Water Leach Minerals From our Bodies?

Absolutely, not...in fact just the opposite has been found to occur in cellular research studies. It is a mistaken belief that drinking pure distilled water removes valuable minerals from living tissues.

Organic vs. Inorganic Minerals

There are two types of minerals, organic and inorganic. Human physiology has a biological affinity for organic minerals. Most organic minerals for our body functions come from plant foods. A growing plant converts inorganic minerals from the soil to usable organic minerals. When an organic mineral (from a plant food) enters the stomach it must attach itself to a specific protein-molecule (chelation) in order to be absorbed. Then it gains access to the tissue sites where it is needed. Once a plant mineral is divested within the body, it is utilized as a coenzyme for composing body fluids, forming blood and bone cells, and the maintenance of healthy nerve transmission. (Balch & Balch 1990). Without a healthy organic mineral balance inside and outside the cells of muscle, blood, and bone substructures, the body will begin to spasm, twitch and cramp, eventually deteriorating to a full "rigor complex," and/or complete failure.

Inorganic Minerals from Tap Water Are Bad News

Tap water presents a variety of inorganic minerals which our body has difficulty absorbing. Their presence is suspect in a wide array of degenerative diseases, such as hardening of the arteries, arthritis, kidney stones, gall stones, glaucoma, cataracts, hearing loss, emphysema, diabetes, and obesity. What minerals are available, especially in "hard" tap water, are poorly absorbed, or rejected by cellular tissue sites, and, if not evacuated, their presence may cause arterial obstruction, and internal damage. (Dennison 1993, Muehling 1994, Banik 1989)

Organic Minerals Are Preferred

Is it any wonder that the body prefers the richest source of mineral substrates from organic foods instead of the mineral-poor sources from tap water? Even if human tissue suddenly developed the ability to absorb inorganic minerals from tap water, it would take an enormous amount of tap water to supply the bare minimums for life functions. If, for example, the rich inorganic mineral content of the tap water in Reno, Nevada was converted to organic minerals, one would have to drink 7.4 gallons of their tap water to receive the daily requirement for calcium!



How Distilled Water Enhances Mineral Absorption

Distilled pure water will not conduct electricity when only 2 parts per million

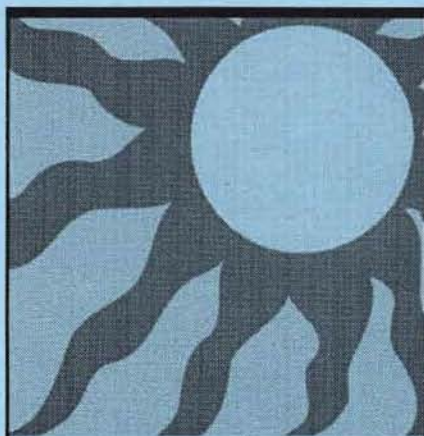
of inorganic minerals are present. Water with 5 parts inorganic content per million will conduct electricity, completing a simple circuit and lighting a tester bulb! The higher the inorganic content, the less effectively water transmits organic minerals to tissue sites. Bottled water, tap water, reverse-osmosis filtered water, and carbon-block filtered water (when tested) will conduct electricity, substantiating that none is the best carrier for mineral-transport and mineral-absorption (Muehling 1994). Tap water in the USA has been shown to contain 19 "inorganic metals of concern" (1994 Safe Water Drinking Act), for which maximum contaminant levels have been set. (Tone, 1994) Most American tap water tested falls between the ranges of 350 parts per million to over 1000 parts per million total contaminants! (Colgan 1993)

Repeat the Question Please

Does drinking distilled water leach the minerals from the body? No, quite the opposite. If inorganic minerals are "removed" from tap water by converting it into pure distilled water the result is remarkable mineral absorption for both health and maximal metabolic activity. The application of this query has a remarkably high correlation to the general properties of maximal absorption rates for all micronutrients which traverse the gastric chambers directly into the muscle cells for premium performance demand.

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The Heat is On

By Dr. Bill Misner

With summer's heat approaching, I have had several questions from the field on hydration, fuel selection, and electrolyte supplements for coping with thermic-induced DNF's, bonking, and cramping. Everyone is born with a unique biochemistry, which prevents even the best of scholars from professing a single correct formula.

With that said, an exact manipulation of fluids, electrolytes, and fuels in training that simulates the actual event distance, weather conditions, and course elevation changes is imperative in solving your personal biochemistry "battle" to beat the heat.

We Are Made of Water

The average 154 lb. person could be said to be composed of two compartments filled with 85 lbs. (total) of fluids that must be kept in constant osmotic balance. Inside the cells, where potassium ions are 15 times higher than outside, there are 25 liters or 53 lbs. of water stored in homeostatic balance with the water outside cell walls. Outside the cells, where sodium ions are 10 times higher than inside, an additional 15 liters or 32 lbs. of water are stored.

When we approach a 3% loss by body weight of these life-giving fluids from the cooling activity of evaporative

sweat, performance begins to suffer dramatically. After 5% loss, concentration is not possible, and after 10% loss of fluids, it is difficult to maintain consciousness, while death may occur after only an 11% fluid loss. Exercise in thermic conditions dramatically effects the normal tissue fluid state as seen in Table 1.

Normal activity shows a daily balance, but add exercise to this model and the result is a 9 lb. water weight deficit or nearly 6% of the 154 lb. athlete's total body weight lost! Dr. D.C. Nieman describes a 6% loss as very serious, causing impairment in temperature regulation and rapidly increasing heart rate. (*Sports Medicine Fitness Course*, Bull Publishing, Palo Alto Calif., 1986.)

Water is most efficiently replaced by distilled water or water that has been precisely modified with a low-sodium electrolyte profile. High sodium or high electrolyte fluids are held longer in the vascular compartments than the lower non-electrolyte composite. Why is this and what causes these pressure gradients to occur?

Osmolar Pressures are Absolute for

Performance Demands

Equilibrium of osmotic pressures of solutes in concentrations occurs at 300 milliosmols per liter (mOsm/l.) When

there is a change in the pressure of the solutes or electrolytes, correction of the pressure deviance will occur in a single cell in less than 60 seconds! When the whole body is "whacked" out of equilibrium by as little as a 3% fluid loss, it takes up to 30 minutes of NO activity, using a perfect fluid-electrolyte drink to restore osmolarity to 300 mOsm/l.

The kidneys filter 180 liters of body fluids per day, but return 99% of its filtrates, while eliminating only 1-1.5 liters as waste water. These magnificent filters help us maintain a constant 300 mOsm/l. osmolarity. When the body senses a + or -3% solute change, the following mechanisms may be called upon to assist the kidneys in osmolarity balance:

(1) The pituitary secretes ADH (anti-diuretic hormone) enabling water to be reabsorbed, sensing it is too concentrated.

(2) The adrenal glands secrete aldosterone when sodium concentration in plasma is low, causing sodium to be reabsorbed producing a more diluted urine.

(3) An osmolarity rise of 1% may cause a craving for fluids to help dilute blood serum-urine concentrates.

All of these control mechanisms are sensitive to a + or -3% deviations in sodium and a + or -7% deviation in potassium. Calcium levels are also monitored

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TABLE 1

	Non-Exercise	Thermic Exercise	Intake
URINE	-1400 ml.	-500 ml.	FLUIDS+1500 ml.
SKIN	-350 ml.	-350 ml.	FOOD + 800 ml..
BREATHING	-350 ml.	-650 ml.	
SWEAT	-100 ml.	-5000 ml.	
FECES	-100 ml.	-100 ml.	
TOTAL	-2300 ml.	-6600 ml.	+2300 ml.(Normal) -4300 ml.(Exercise)

(Rozelle LT, "All in the Body's Balance", WATER TECHNOLOGY,
March 1997:126-132.) (TEXTBOOK OF MEDICAL PHYSIOLOGY,
AL Guyton, WB Saunders, 1991)

E-CAPS Products for Spring & Summer



There are two types of products in the E-CAPS line: those that can and should be used all year like Premium Insurance Caps, Boron and Chromemate; and those which should be used seasonally. Since Spring and Summer are racing months and typically the hottest, we will highlight here the products that are most applicable to this time of year.

Products For the Racing Season

ATP Surge 100SL
100 Milligrams Of Pure Energy
In Every Tablet.

ATP, adenosine triphosphate, is directly or indirectly responsible for 95% of the biological activity in the body, including muscle contractions, circulation, and building new tissue. Take it before interval workouts and short races, or during long races, your second workout of the day or anytime you want an instant boost of energy. You'll feel the difference every time.

30 Tablets per Bottle @\$19.95
Each Tablet Contains:

Pure ATP (Adenosine Triphosphate, 100 mg
Magnesium Glycerol Phosphate, 25 mg

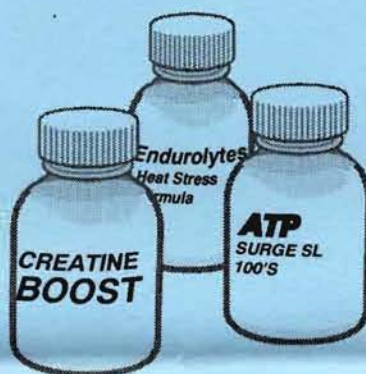
Creatine Boost

Boost Your Race Day Performance

Creatine monohydrate may be the most significant performance enhancer of

the past decade, but it is also the most misused. It should only be used for short periods of time leading up to 5-6 of your most important races of the year. It should not be used continuously or too frequently because the benefits will disappear. We use only the highest quality German creatine monohydrate—you can taste the difference, it's semi-sweet, not bitter. We recommend 15-18 grams a day for 3-5 days prior to a big race.

120 Grams @\$14.95
(Usually enough for two races)
Each Bottle Contains:
99% Pure Creatine Monohydrate



Products for Hot Weather Training/Competition

Endurolytes—Heat Stress Formula

*Increase Your Performance With
Personalized Electrolyte Intake*

Endurolytes need not be taken everyday. They can be used before hot weather training or competitions lasting less than two hours or during efforts lasting more than two hours. Electrolyte depletion and imbalances are a chronic problem for athletes training and competing in hot weather. Energy drinks and fluid replacement products cannot provide enough electrolytic minerals to keep your body functioning properly in these conditions. This electrolyte formula can be taken as a supplement or mixed in any

fluid replacement/energy drink to prevent fatigue, cramping and the rest of the negative effects of electrolyte depletion. It features our precise ratio of electrolytic minerals, in chelate form, for optimum absorption and utilization. Since electrolyte depletion is one of the most common ailments of athletes competing in hot weather, Endurolytes will be an important addition to your supplement regimen in the summer months.

120 capsules per bottle @\$12.95

Each 2 Capsules Contain:

Calcium (Chelate)	250 mg
Magnesium (Chelate)	125 mg
Potassium (Chelate)	100 mg
Sodium Chloride	100 mg
L-Tyrosine	50 mg
B-6 (Pyridoxine HCL)	20 mg
Manganese (Chelate)	5 mg

Liquid Endurance

*Increase Fat Utilization
While Reducing Dehydration*

This formula has been engineered to maximize fat burning while reducing dehydration during endurance training and competition using a liquid combination of L-Carnitine and glycerol. This dual-action formula increases fat utilization as a fuel source and allows hyperhydration, a must for long, hot races. It can be taken prior to exercise and mixed with your water or energy drink. This product should be used primarily for training or competitions lasting more than two hours.

L-Carnitine is a vitamin like nutrient related to the vitamin-B family and is a physiological substance essential for energy production. This takes place in the mitochondria inside the cell. L-Carnitine is actually responsible for the transportation of fatty acids in the cell.

Glycerol facilitates "hyperhydration" by increasing the body's ability to absorb and retain water. This is accomplished by allowing increased storage capacity in extravascular fluid compartments, namely the interstitial fluid between cells and the extracellular fluid within cells. The benefits of hyperhydration are significant improvements in endurance and aerobic capacity.

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Heat

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in extracellular fluids within a few percentage points by secretes of the parathyroid. It is also interesting to note that normal healthy saliva, gastric juices, and small intestines maintain a 7:3 ratio** of potassium to sodium, similar to the number deviation which triggers the control mechanism restoring normal electrolyte-fluid osmotic balance. (See Table 2)

Under normal conditions (during non-exercise) intake of a liter of water will cause 8 times the normal urine output within 45 minutes, lasting up to 120 minutes after intake. Want to know if you are properly hydrated? To measure hydration before or after an exercise, consume a liter of water, then measure urine output from 45-120 minutes.

Staying Cool When the Heat Is On

(1) **Hyperhydration**-The use of glycerol with a 3-day hyperhydration loading schedule like the one we advocate for use with "Liquid Endurance" will maximize body fluid uptake and storage before an event. During a prolonged event, 16-20 ounces fluid intake per hour has been suggested by Noakes (1985-1993) for endurance athletes performing

TABLE 2

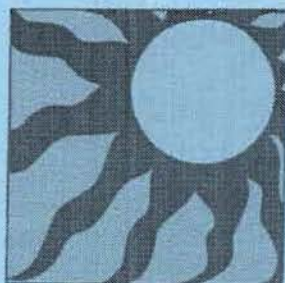
**Other body fluids have their own electrolyte profiles as follows:
(8 fluid ounces=240 ml.)

(1) SALIVA=800-1500 ml./day
877 mg. Sodium Chloride,
1170 mg. Potassium
3000-4000 mg. Bicarbonate

(2) GASTRIC JUICES=1500 ml/day
1120 mg. Potassium Chloride
175 mg. Sodium Chloride
5600 mg. HCL

(3) SMALL INTESTINE=1800 ml/day
Pure Water from Extracellular fluids

(TEXTBOOK OF MEDICAL PHYSIOLOGY, A.L. Guyton,
WB Saunders, 1991)



at 75-85% VO2 Max.

(2) **Fuel Selection**-The use of either "Sustained Energy" or "Hammer Gel" diluted to 1 ounce (28.3 grams) product to 5 ounces of water equates to a 20% (by weight) solution, or a body fluid osmolality of 300 mOsm/l. for optimal fuel and fluid gastric emptying.

(3) **Electrolytes**-The suggested use for "Endurolytes" during a hot and or humid event (70 degrees-70% humidity) is 2 capsules 60-90 minutes before the event, and 1-2 capsules every hour of exercise thereafter. Endurolytes are capsules that may be opened and emptied in drink mixes before the event. (See page 5 for a review of the above three E-CAPS products)

***EXPLICIT WARNING:

Each person responds biochemically in a unique manner. During a long training effort in thermic conditions, use of the above mentioned products should be varied so as to discover each individual's optimum response. Of the DNF's and/or "Failures" who come to me every year, 90% of them did not subject their body to thermic conditions similar to race conditions, were inadequately trained, e.g. not fit, or they did one of the following:

- (1) Drank too much
- (2) Ate a sugared or fructose based product
- (3) Took no electrolytes
- (4) Took a product containing caffeine

Dealing with heat-related problems in practice is paramount to beating not only the heat, but also the competition.

This article originally appeared on the Endurance On-Line Forum on 4/23/98.

for 3 hydroxyl groups on the natural cane sugar molecule. (Now, is chlorine good for human consumption?) The tightly bound chlorine atoms make this compound taste extremely sweet without an aftertaste and without the caloric impact of sucrose.

Currently 28 countries have approved Sucralose, including our neighbors Canada and Mexico. More than 100 animal and human studies have been initiated since its discovery in 1976. McNeil Specialty Products, a member of Johnson and Johnson, developers of



this sweetener, have stated they are convinced it won't cause cancer, birth defects, or immunological, central nervous system, and metabolic disorders.

Others are more critical of this sweetener, marketed under the name "Splenda". Mark Gold (<http://www.holisticmed.com>) states that animal studies revealed shrinkage of thymus glands, caecal enlargement, and renal mineralization. These effects may or may not happen in humans...only time may tell. Industrial research is seldom the same as real research. Questions exist in my mind as to whether these studies were adequate, independent of manufacturer control, and therefore impartially reliable. It is likely that history will repeat itself again, and another sweetening agent will be marketed at the direct but wrongful expense of consumer health.

What, then is safe for sweetening food? Stevia, Barley Malt, Amasake, Energy Smart, and Fructooligosaccharides may be better choices while relieving fears of detrimental side-effects after years of use.

We'll keep you posted on this new artificial sweetener in future issues of Endurance News.



Both E-CAPS and Hammer Nutrition web sites have received significant updating. On the E-CAPS site, you will find back issues of Endurance News now all the way up to #18, and #19 will be up by the time you read this newsletter. The cover page, product descriptions, fax order form, on-line order form and shipping information has all been updated and hopefully simplified too. The Hammer site has also received an updated cover page, improved product list area, new fax order form and on line order forms similar to those on the E-CAPS site.

Still to come: We are currently expanding Dr. Bill's Tech Corner on both sites. Within a couple of weeks, we will have up all of Dr. Bill's published articles on diet, training and supplementation as well as the articles from the E-CAPS Technical Manual. A Frequently Asked Question or FAQ list is also in the works. This way you can view a list of questions and click on any of them to read the answer.

If you have any input or feedback on the web sites regarding typos and minor errors, improvements that you would like to see or anything else we can do to improve the sites as a resource for our on-line customers, please e-mail your suggestions to; ecaps@e-caps.com.

Another On-Line Resource: Endurance Forum

The Endurance On-line Forum continues to grow and the feedback from subscribers has been overwhelmingly positive.

The Endurance news group can only be subscribed to by E-CAPS/Hammer Nutrition customers (yes, we will check to verify that each new subscriber is a customer) or by special invitation. Secondly, in addition to customers, we have enlisted the assistance of a wide variety of "experts" to monitor and participate in the group to respond to questions as well as contribute information in their respective areas of expertise. Honestly, I am not sure whether customers sharing their experiences with each other or direct access to the gurus will be more valuable to you. Either way, this chat group is an invaluable resource that is completely free for you to use and benefit from.

To subscribe to the Endurance On-Line Forum all you have to do is send an e-mail to:

endurance-request@MailingList.net

In the body of the e-mail write "subscribe" without quotation marks. Do not put anything in the subject line.

The list is also available in digest form. So, instead of receiving a message every time someone posts one to the group, you can receive just one e-mail which will include all of the posts for the past 24 hour period. To subscribe to the digest version follow the same procedure above except send your e-mail to:

endurance-digest-request@MailingList.net

Of course, you are free to unsubscribe from the list any time you wish. More procedural details will be forwarded to you when you subscribe.

If you have questions or difficulty subscribing, e-mail ecaps@e-caps.com and we will be glad to help you get started.

Summer Products

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LIQUID ENDURANCE

12 fluid ounces (24 servings) @\$17.95

Each tablespoon (1/2 oz.) serving of

Liquid Endurance contains:

Glycerol	3,700 mg
L-Carnitine	500 mg
Pyridoxine HCl	5 mg

Anti-Fatigue Formula

Potassium Magnesium Aspartate

This formula is ideal for anyone living and training in a consistently hot climate. Take 1 capsule per 40 pounds body weight everyday. Deficiencies in potassium and magnesium contribute to muscle weakness, spasms, cramps, elevated blood pressure, rapid heartbeat and reduced glycogen production. As the name indicates, this compound consists of aspartic



acid, an amino acid, synergistically bound to potassium and magnesium. Study after study has demonstrated the health and performance benefits of this compound. Maintaining intracellular levels of potassium and magnesium in the body is the key to beating mineral depletion related fatigue. Its primary benefits are reducing the energy your body must expend to maintain these levels within the cells and improving cardiac efficiency.

120 capsules @\$12.95

Each Capsule Contains:

Potassium Magnesium Aspartate	500 mg
(Potassium)	55 mg
(Magnesium)	20 mg

If you have questions about these or any other E-CAPS products, call 1 800 336-1977 and one of the E-CAPS staff will be happy to assist you.

Protein

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Whey Pro 100

The Highest Biological Value Protein.

The finest quality glutamine-enhanced whey protein concentrate derived from premium ion-exchange whey. Each serving provides 17.5 grams of pure protein that is more potent, more readily absorbed and more easily digestible than any other brand. 1.6 pound container, 30 servings, for \$24.95

Soy Pro 100

100% Pure Isolated Soy Protein.

This superior quality, complete protein formula is fat free, lactose free and cholesterol free. Soy Pro 100 is the most versatile, highly digestible, all vegetable, protein powder ever developed. Each serving provides 26 grams of complete, readily assimilated protein. 1.5 pound container, 19 servings, for \$14.95

Call E-CAPS today @ 1 (800)336-1977 to order your protein supply.

Endurance News Mission Statement

The objective of Endurance News is to provide you, the serious endurance athlete, with a valuable resource that you will find to be informative, educational, thought-provoking and helpful in your ongoing pursuit of optimum performance and health.

Endurance News features insightful articles on diet, nutrition, training and other topics of interest to endurance athletes—written by myself as well as professional and elite amateur athletes, and other experts in the area of nutrition and exercise. In addition, EN will include articles highlighting new and existing E-CAPS products and how to get the maximum benefit from them.

In reading this and future issues, please remember that the views expressed in this publication will always be biased in favor of a healthy diet, hard training that emphasizes quality over quantity, and prudent supplementation to improve health and performance. But above all, we at Endurance News believe there are no short cuts, and success can only come from hard work.

Brian Frank,
Editor

Legal Disclaimer: The contents of Endurance News are not intended to provide medical advice to individuals. For medical advice, please consult a licensed physician.

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