



# Target Endurance

Energy Boosting Supplement for Improved Stamina and Endurance

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In today's society, energy drinks are becoming increasingly popular. Unfortunately, these energy drinks are usually loaded with sugar and caffeine, which give a temporary energy boost that is followed by an equally dramatic energy drop. In addition, these drinks gradually reduce a person's overall energy function by stressing energy producing glands like the pancreas and adrenals. Target Endurance Formula is a caffeine-free nutritional supplement that gradually helps improve stamina and endurance by increasing energy production inside the cells.

The core of this supplement is three minerals—copper, potassium and zinc—which have been chelated to three amino acids—arginine, leucine and glycine. This special chelation causes these minerals to be directed into the mitochondria of the cell, where they are used in the Krebs cycle for energy production. Research with animals showed this special blend of chelated minerals was able to increase endurance levels in animals by over 400 percent.

These amino acid chelated minerals have been combined with other herbs and nutrients that increase energy production to create a formula that can provide a genuine, long-term energy boost when taken regularly. Target Endurance is useful for athletes or general exercise to enhance endurance and stamina. It is also useful for people who are chronically weakened or fatigued due to illness.

Besides the amino acid chelates of copper, potassium and zinc, Target Endurance also contains the following:

**Calcium** is an essential mineral for the building of strong bones and muscles. It is also a key element for the maintenance of a regular heartbeat and for the transmission of nerve impulses. It is an essential mineral that plays a role in muscle contraction and will help prevent muscle cramps during physical activity.

**Phosphorus** is another mineral essential for the formation of bones. It also plays a major role in cell growth, contractions of the heart muscle and kidney function. It aids in the conversion of food to energy and in the uptake and utilization of vitamins.

**Iodine** supports the thyroid gland in times of stress reducing mental and physical fatigue. It helps to metabolize excess fat and helps support those trying to lose weight.

**Bee pollen** has been called nature's super food as it is high in B-complex vitamins, vitamin C, amino acids, polyunsaturated fatty acids, proteins and macro and micro-minerals that promote energy.

**Eleuthero root** is an adaptogenic herb that helps the body during periods of stress. It supports the immune system, increases energy and mental alertness and prevents adrenal burnout caused by ongoing physical or mental challenges. It is invigorating and fortifying without being stimulating.

**Gotu Kola** herb supports the heart and circulation, the kidney and the liver. It contains asiaticoside, which has been shown to accelerate wound healing and cleanse the blood. It also stimulates the central nervous system and is considered an excellent food for the brain. Gotu kola has a reputation both as an energy tonic and an aid to memory.

**Capsicum** fruit stimulates blood circulation and flow, giving a short term boost to energy production. The combination of eleuthero root, gotu kola and capsicum has also been tested in animal endurance studies and has been shown to improve stamina and prevent fatigue.

**Licorice** root is a powerful detoxifier with anti-inflammatory, anti-allergic properties. Licorice root helps support adrenal function. It has a long-time history for promoting stamina and endurance and relieving thirst. It also helps balance blood sugar levels to overcome sugar and caffeine addiction.

**Ginger** is another stimulating herb that benefits circulation and digestion. It is especially helpful for improving circulation in the pelvic region and has a more sustained effect than capsicum.

**Glutamine** is an amino acid important for mental ability as it is converted to glutamic acid in the brain and increases the amount of GABA needed. It is also essential in reducing fatigue and maintaining a healthy digestive tract.

**Choline bitartrate**, a vitamin, is required for gallbladder regulation and liver function and the metabolism of fat and cholesterol. It is also important in nerve transmission and hormone production.

**Vitamins:** Target Endurance also contains the following vitamins: B-6, B-12, C, niacin, folic acid, pantothenic acid. These B-complex vitamins, combined with vitamin C, have been labeled anti-stress vitamins because of their ability to support the adrenal glands, increase energy production and help the body cope better with stress.

## Suggested Use

For athletes or people who need more stamina, energy or endurance, use 1-2 capsules one to three times daily. Target Endurance will not produce an immediate energy burst. It has a gradual, cumulative effect, so it may take several days to start seeing the full benefits of the blend.

## Selected References:

*Minerals: Right On Target* by Steven N Harvey.

*Prescription for Nutritional Healing* by James F. Balch and Phyllis A. Balch.

*The Encyclopedia of Natural Remedies* by Louise Tenney.

*The Comprehensive Guide to Nature's Sunshine Products* by Tree of Light Publishing.

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