

## Product Training Guide

EXTREME NUTRITION SUPPORT FOR MEN AND WOMEN

**E & E**  
ENERGY AND ENDURANCE™



### What is E&E Energy and Endurance™?

Beachbody E&E Energy and Endurance is a powerful preworkout supplement scientifically formulated **to improve your energy, endurance, strength, and focus, helping you maximize every minute of your Beachbody® workout.**\* Whether early in the morning or in the evening after work, E&E Energy and Endurance will help you be ready to Push Play and realize your best results more quickly.\*

### Why drink a preworkout formula?

Fatigue or lack of energy during exercise is a common complaint among athletes. To make the most of your workout, you want to be energized and focused so you can successfully tackle your planned fitness program.

A preworkout formula can help you:

- Power up with energy and sharpen your focus to succeed at your workout.\*
- Fuel your body to tackle the most challenging workout programs.\*

### What are the benefits of E&E Energy and Endurance?

E&E Energy and Endurance can help you:

- Burn more calories and fat to get ripped faster.\*
- Maximize muscle performance to build muscle faster.\*

### User Testimonials

*"It's hard getting to the gym early in the morning, but if I have E&E Energy and Endurance, I'm able to get up, get going, and do a full workout without stress."*

—Jon C.

*"E&E helped me plow through a P90X® Kenpo X workout with no trouble at all. And it felt good, even to the end. E&E definitely helps me meet my fitness goals."*

—John J.

*"I noticed an immediate improvement. E&E helped me stay more focused through my entire workout. And when I got to the end, I didn't feel exhausted."*

—Erin K.



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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### What are the key ingredients in E&E Energy and Endurance?

NUTRIENT GROUP	INGREDIENTS	BENEFIT
<b>Advanced nitric oxide boosters</b>	L-Arginine, L-Arginine AKG, L-Arginine HCl	Enhance blood flow, helping speed more nutrients and oxygen to your muscles for better performance.*
<b>Natural energizers</b>	Guarana Extract, Yerba Mate Extract, Green Tea Extract	Help increase energy production and focus to maximize your workout.*
<b>Amino acids</b>	Beta-Alanine, L-Glutamine, L-Tyrosine, L-Arginine, L-Arginine AKG, L-Arginine HCl	Help promote muscular energy and overall workout performance.*
<b>Electrolytes</b>	Magnesium, Potassium, Himalayan Salt, Calcium	Help fight dehydration to support optimal muscle function.*
<b>Essential B vitamins</b>	Niacin, B6, B12, Folic Acid	Promote strong metabolism to provide energy so you can burn fat.*
<b>Natural sweetener</b>	Stevia	A natural zero-calorie sweetener.

### Energy and Endurance includes other preworkout ingredients to help maximize your workout:

- Beta alanine: Amino acid that may enhance muscular endurance.\*
- L-Glutamine: Amino acid that is known to aid recovery from hard training.\*
- Quercetin: Bioflavonoid that may promote mental clarity and focus during a workout.\*
- Bromelain and Papaya Extract: Ingredients known to help increase absorption of nutrients.\*
- Phosphatidylserine: May help promote mental clarity and focus.\*
- Rhodiola Extract: Root extract known to help support energy and endurance.\*
- D-Ribose: Known to help provide energy to the body.\*

### What's the difference between E&E Energy and Endurance and other preworkout formulas?

E&E Energy and Endurance contains:

- No artificial flavors, sweeteners, or preservatives
- No high-risk or untested ingredients

### Cross-selling suggestions

E&E Energy and Endurance is specially formulated by the Beachbody Nutrition Science team to work with your Beachbody fitness program, including:



E&E Energy and Endurance works well with Results and Recovery Formula® postworkout, which helps provide vital nutrients that help you bounce back after your workout.\*

Results and Recovery Formula provides:

- A dextrose-based formula for optimum glycogen replenishment\*
- A high Protein Efficiency Ratio (PER) blend to supply critical building blocks for rapid muscle resynthesis\*
- Vitamins, including antioxidants, to help reduce muscle soreness and assist in repair and growth\*



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COMPETITIVE COMPARISON					
	Beachbody E&E Energy and Endurance™	USPlabs Jack3d®	BPI 1.M.R®	BSN® No-Xplode	Gatorade Prime®
Nitric oxide boosters	x	x	x	x	
Natural energizers	x		x		
Amino acids	x	x	x	x	x
Electrolytes	x			x	x
Essential B vitamins	x		x	x	x
No artificial flavors, sweeteners, or preservatives	x				
No high-risk ingredients	x				x
Stevia	x				

RETAILING TIPS	
Who to Target:	Why E&E and Energy Endurance?
People who want more energy to maximize their workouts.	Combat workout fatigue with a quick, convenient dose of natural energizers, nitric oxide boosters, and B vitamins*.
People who are trying to burn fat and get ripped faster.	Take as a preworkout drink so you can work out harder and boost your metabolism to burn fat faster*.
People who are trying to gain muscle.	Improve your energy, endurance, strength, and focus to help you maximize every minute of your workout and build muscle faster*.

### Product information

Cost for a 30-day supply (does not include shipping and handling):

- Regular price: \$29.95
- Club price: \$26.96
- Coach price: \$22.46
- PV/CV: 15

### Usage directions

Drink 15 to 30 minutes before your workout.

**For intense workouts:** Mix 2 scoops with 4 to 8 ounces cold water.

**For moderate workouts:** Mix 1 scoop with 2 to 4 ounces cold water.

- For programs like P90X®, P90X2®, INSANITY®, and INSANITY: THE ASYLUM®, use the full serving as recommended.
- For workouts like TurboFire®, Turbo Jam®, ChaLEAN Extreme®, Hip Hop Abs®, and RevAbs®, use a half-serving to start. Increase amount as tolerated.

### USE ON TRAINING DAYS ONLY.

NOTE: If sensitive to caffeine or other stimulants, start with 1 scoop. Do not exceed 4 scoops at any given time. To avoid sleeplessness, do not take within 4 hours of bedtime. Consult with a healthcare professional if pregnant, breast feeding, or if you have any medical conditions. Keep out of reach of children.

### Storage instructions

Keep tightly closed in a cool, dry place.

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<b>SUPPLEMENT FACTS</b>					
Serving Size: 11 g    Servings per Container: 25					
	Amount Per Serving	% Daily Value**		Amount Per Serving	% Daily Value**
<b>Calories</b>	20		<b>Vitamin B12 (as Methylcobalamin)</b>	200 mcg	3333%
Calories from Fat	0		<b>Calcium (as Citrate and Lactate)</b>	150 mg	15%
<b>Total Fat</b>	0 g	0%	<b>Magnesium (as Oxide and Citrate)</b>	125 mg	31%
Saturated Fat	0 g	0%	<b>Sodium (as Himalayan Salt)</b>	125 mg	8%
Trans Fat	0 g		<b>Potassium (as Phosphate and Citrate)</b>	60 mg	2%
<b>Cholesterol</b>	0 mg	0%	<b>Proprietary Amino Blend</b>	1,800 mg	**
<b>Total Carbohydrate</b>	5 g	2%	Arginine (as L-Arginine, L-Arginine AKG, L-Arginine HCl),		
Dietary Fiber	0 g		Beta-Alanine, L-Glutamine, L-Tyrosine.		
Sugar	4 g		<b>Proprietary Energy Activating Blend</b>	455 mg	**
<b>Protein</b>	0 g	0%	Caffeine (as Caffeine Anhydrous, Guarana Extract, Yerba Mate		
<b>Vitamin C (as Ascorbic Acid)</b>	100 mg	167%	Extract, Green Tea Extract), L-Citrulline Malate, Papaya Extract,		
<b>Niacin (as Niacinamide)</b>	40 mg	200%	Bromelain, Rhodiola Extract, D-Ribose, Quercetin,		
<b>Vitamin B6 (as Pyridoxine Hydrochloride)</b>	10 mg	500%	Phosphatidylserine.		
<b>Folic Acid</b>	200 mcg	50%	Percent Daily Values are based on a 2,000-calorie diet.		
			** % Daily Value (DV) not established.		

**OTHER INGREDIENTS:** Dextrose, Natural Flavors, Citric Acid, Malic Acid, Stevia Extract, and Silicon Dioxide.

**ALLERGEN INFORMATION:** Made in a facility that processes milk, eggs, fish, crustacean shellfish, tree nuts, wheat, peanuts, and soy.

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