

## 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<br>E&E Energy and<br>Endurance™ | USPlabs<br>Jack3d® | BPI<br>1.M.R® | BSN®<br>No-Xplode | Gatorade<br>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,<br>sweeteners, or<br>preservatives | x   |                    |               |                   |                    |
| No high-risk<br>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<br>Per Serving | % Daily<br>Value** |   | Amount<br>Per Serving | % Daily<br>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      |                       |                    |
| Vitamin C (as Ascorbic Acid)                     | 100 mg                | 167%               | Extract, Green Tea Extract), L-Citrulline Malate, Papaya Extract, |                       |                    |
| Niacin (as Niacinamide)                          | 40 mg                 | 200%               | Bromelain, Rhodiola Extract, D-Ribose, Quercetin,                 |                       |                    |
| Vitamin B6 (as Pyridoxine Hydrochloride)         | 10 mg                 | 500%               | Phosphatidylserine.   |                       |                    |
| Folic Acid                                       | 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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