



Target Endurance

Stock #2809-8 (90 capsules)

Target Endurance is a unique formula created for those exposed to physically-demanding activity. Target Endurance contains a special blend of vitamins, minerals and herbs which, as research shows, provide nutrients that help increase endurance and stamina and maintain peak energy levels. Target Endurance is beneficial for anyone looking to boost their energy metabolism, improve circulation, and increase their body's ability to handle stress and strenuous activity. Target Endurance also stimulates the production of red blood cells, promotes oxygenation in the lungs and body tissues, and helps strengthen neuro-muscular function. Target Endurance is 100% caffeine-free.

Target Endurance provides a unique blend of "target minerals" which are chelated with amino acids for enhanced absorption and availability to the body. The minerals copper, potassium, and zinc are combined with the amino acids arginine, glycine and leucine to achieve optimum energy metabolism on a cellular level.

Each 4 capsules of Target Endurance provide:

Vitamin B6 - 12mg	Iodine - 42mcg
Vitamin B12 - 20mcg	Niacinamide - 16mg
Vitamin C - 60mg	Pantothenic acid - 16mg
Calcium - 50mg	Phosphorus - 22.4mg
Copper - 1.2mg	Potassium - 49.5mg
Folic acid - 100mcg	Zinc - 2.9mg

In a base of:

Bee pollen, which is fed to young bees, is rich in protein and vitamin B12. It contains almost all of the nutrients necessary for humans. It is made up of approximately 30% protein and over 50% carbohydrates and is used by many as a concentrated source of energy. Bee pollen is often used to improve convalescence, fatigue, poor memory, and sexual dysfunction.

Capsicum has long been used as a stimulant to increase circulation and cardiovascular activity, while at the same time lowering blood pressure and aiding in the prevention of heart attack and stroke. Capsicum has been found beneficial for numerous ailments, including arthritis, cardiovascular disease, vascular headaches, impotence (resulting from venous insufficiency), infections, kidney problems, menstrual complaints, respiratory conditions such as asthma and pleurisy, thyroid dysfunction, and gastric ulcers. Studies indicate capsicum may be useful for mild depression and for improving athletic performance.

Choline bitartrate, a member of the B-complex vitamin, is helpful for nerve, psychiatric, and infectious diseases, and may also prove helpful for cardiovascular disease.

Glutamine is a non-essential amino acid and one of 2 principle "fuels" which nourishes the brain. Recent studies show an insufficient supply of glutamine to the brain can result in minor brain damage. Glutamine has also been used with success in the treatment of hypoglycemia. By providing an alternate source of fuel for the brain, symptoms resulting from drops in blood sugar levels, such as fatigue and irritability, have been decreased, as well as cravings for sugar.

Gotu kola is often referred to as "brain food," because it enhances memory and energy, and stimulates the pituitary gland. Gotu kola has been proven an effective treatment for numerous mental disorders, as well as for reducing high blood pressure and high serum cholesterol levels. Recent research confirms gotu kola acts as a blood purifier, diuretic, and antispasmodic, helping to relieve muscle cramps. Numerous studies show gotu kola enhances circulation to the lower limbs. Gotu kola has been found to stimulate the immune system, reduce fever and inflammation, and speed the healing of wounds. Furthermore, research indicates that gotu kola exhibits substantial antibiotic strength against amoebic infection, bacteria, fungi, and syphilitic skin diseases. Among the more well-known uses for gotu kola are the treatment of brain fatigue, cardiovascular health, depression, high blood pressure, memory problems, menopause, mental disorders, nervous breakdown, rheumatism, rheumatoid arthritis, senility, stamina, and vitality.

Licorice increases the production of digestive fluids and bile, soothes mucus membranes (especially in the stomach),

relieves pain and inflammation, relaxes muscle spasms, enables the body to expel phlegm, strengthens the adrenal glands, lowers cholesterol, and acts as a mild laxative. Licorice is a powerful anti-inflammatory and anti-arthritis. Licorice has also been shown in numerous studies to be quite effective in treating hypoglycemia, especially due to adrenal stress.

Numerous studies have outlined the effect of **Siberian ginseng** on mental and physical behavior, and its action as a brain and nerve tonic for promoting mental clarity. Siberian ginseng has been proven to help restore mental ability in the elderly and improve mental resilience during exams for students taking the herb. Siberian ginseng is used mostly for increasing endurance, stimulating circulatory and immune function, and regulating blood pressure. Russian studies have documented Siberian ginseng's ability to strengthening the body against environmental stress and to improve physical performance. Siberian ginseng has also been shown to stimulate production of digestive fluids, balance blood sugar levels, and help reduce inflammation. Siberian ginseng is generally recommended for anemia, debility, diarrhea, diabetes, fatigue, hypoglycemia, impotence, menopause, poor memory, and weak digestion.