



MōDERE™

ENDURANCE

cordyceps, reishi and asian root extracts

THE WELLNESS PROBLEM

When you exercise you use a lot of energy and the harder you exercise the more energy you expend. After exercising it is essential that you have enough energy to be able to undertake your normal daily activities and lifestyle.

While exercise has proven benefits for physical and mental wellbeing, at the cellular level your body can react to the exercise as if it is under distress; reducing your overall energy levels and increasing recovery times. Your levels of stamina and endurance play a key role in the rate of recovery and help to determine your ability to perform at your best throughout your day.

THE MODERE SOLUTION

Endurance is a high potency formulation of traditional Chinese herbs to help your body withstand physiological or nervous stress. Formulated to help sustain your stamina for activities outside of physical activity, it is an ideal post exercise recovery formula.

Suitable for men and women in any physical condition, Endurance will also help your body to withstand physiological or nervous stress, and sustain your stamina for activities outside of physical activity. This extra endurance will help you get more out of your fitness regime by allowing you to power through your physical training.

Endurance contains an active ingredient called *Cordyceps sinensis*. Cordyceps is a well-known ingredient from the Chinese pharmacopoeia that is used to promote stamina which in turn helps the body's ability to endure stress and recover from its effects much quicker.



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WELLBEING BENEFITS OF ENDURANCE

Stamina and endurance

- Increases your stamina and endurance
- Helps your body recover from illness

Sustained energy

- Helps to sustain effort for longer Performance
- Can help you perform in peak condition

Performance

- Can help you perform in peak condition

LIFESTYLE TIPS

To support stamina and increased energy:

- For increased stamina and energy, adopting a low GI diet may increase your energy.
- Follow the Modere Healthy Lifestyle Food List on the website and include a protein rich food with every meal.
- Include a serve of nuts, seeds and healthy olive oil (2 tablespoons) daily.
- Aim for 2 litres of pure filtered water daily.

COMPANION PRODUCTS

You may receive additional nutritional benefits from combining this product with: CoQ10, Muscle & Bone Nutrition, Adult Multivitamin plus Botanicals.

FACTS

ACTIVE INGREDIENTS

Cordyceps sinensis, *Ganoderma lucidum* (reishi), *Pseudostellaria heterophylla*, *Zingiber officinale* (ginger).

DIRECTIONS FOR USE

Take two to three tablets morning and night. If involved in intensive or athletic exercise programs, an extra dose of one to three tablets can be taken. Pack size: 60 tablets.

PRECAUTIONS

Always read the label. Use only as directed. If symptoms persist, consult your healthcare professional.

FREE FROM

Milk, gluten, preservatives, sugars, artificial colours and flavours, soy and yeast. Suitable for vegetarians and vegans.

Listed on the Australian Register of Therapeutic Goods, AUST L 235996.