



Target Endurance

Chelated minerals and herbs to build energy and stamina

Target Endurance is a caffeine-free nutritional supplement that supports vitality and enhances endurance during strenuous activity. Its primary action is due to special amino acid chelates of zinc and copper. By attaching these minerals to the amino acids arginine, leucine and glycine, they are directed to the mitochondria of the cell where they enhance energy production.

Research showed that this mineral supplement increased swimming time in rats from an average of 10 minutes to an average of 48 minutes. This means it enhanced endurance by almost 500%. In contrast, the same minerals in a non-chelated form only increased rats' average swim time to about 14 minutes.

To enhance the effectiveness of these minerals, they have been combined in a blend with other herbs, vitamins and minerals known to enhance cellular energy production. Target Endurance can be used to enhance athletic performance, improve stamina and mental alertness and to wean off of caffeine, sugar and other stimulants. It also helps cellular detoxification and the metabolism of fats and proteins.

Besides the chelated minerals, Target Endurance also contains:

Bee pollen contains every known nutrient in trace amounts. It is highly energizing and is used to aid energy, stamina and endurance. It supports the glands and aids the immune system.

Eleuthero root (*Eleutherococcus senticosus*) is an adaptogen that helps the body cope better with stress. It enhances athletic and mental performance and stimulates immune function.

Gotu kola (*Hydrocotyle asiatica*) contains numerous compounds that improve peripheral circulation, oxygenation and blood flow. It has a highly beneficial effect on the adrenal glands. It has a reputation for enhancing memory and brain functions.

Capsicum (*Capsicum annuum*) stimulates blood flow to the extremities, reduces inflammation and modulates pain. Enhanced circulation improves cellular respiration and energy production. Western herbalists often use capsicum as a catalyst herb to increase the effectiveness of an herbal formula.

Licorice root (*Glycyrrhiza glabra*) is highly beneficial to the adrenal glands. It reduces feelings of fatigue, balances blood sugar levels and reduces cravings for sugar and caffeine. It is also anti-inflammatory and helps dry coughs, sore throats and intestinal irritation. It is used as a catalyst in many Chinese herb formulas.

Ginger root (*Zingiber officinale*) is often used as a catalyst in both Chinese and Western herbal combinations because it stimulates digestion and absorption. It helps increase circulation and lowers blood sugar, cholesterol and blood pressure. It is used for colds, flu, aches and pains and notably, for motion sickness..

Vitamin C, or ascorbic acid, is a powerful antioxidant that is required for tissue growth, immune health and energy. Vitamin C is especially important for adrenal function, so adequate amounts help improve stamina and vitality.

Niacin (Vitamin B3) is needed for proper circulation and it lowers cholesterol. It is necessary for the proper functioning of the nervous system, digestion and the metabolism of food to energy.

Vitamin B6 is a co-factor for over 100 enzymes related to amino acid metabolism and is needed for the metabolism of nutrients.

Folic acid is essential for energy production, healthy cell division and the replication and the formation of red blood cells.

Vitamin B12, cyanocobalamin, is needed to prevent anemia and is required for the digestion, absorption and metabolism of food.

Pantothenic acid is another B-vitamin, essential for all cells. It plays a critical role in adrenal hormone production, antibody formation, and vitamin utilization. Pantothenic acid can help to rebuild exhausted adrenals.

Calcium is an important mineral for the maintenance of regular heartbeat and the transmission of nerve impulses to the heart muscle and all other muscles.

Phosphorus is an essential component of adenosinetriphosphate (ATP), the compound cells create to utilize energy.

Iodine is needed in trace amounts for thyroid function and to metabolize excess fat for energy production.

Potassium is an important electrolyte for energy production, maintaining a regular heartbeat and creating electrical energy in nerves. It helps fluid balance and nutrient transfer in cells.

Glutamine is an amino acid that is converted to glutamic acid in the brain and increases GABA, both essential for cerebral function and a healthy nervous system.

Choline bitartrate is found in the lipids that make up cell membranes and in the neurotransmitter acetylcholine. It is necessary for cell membranes, neurotransmission (acetylcholine synthesis), and for numerous metabolic and energy pathways.

Suggested Use

Take 1–2 capsules with a meal three times daily.

Selected References

Minerals: Right on Target by Steven N. Harvey

Herbal Drugs and Phytopharmaceuticals by Max Wichtl

Herbal Therapy and Supplements, A Scientific and Traditional Approach by Merrily A. Kuhn and David Winston

Prescription for Natural Healing by James F. Balch and Phyllis A. Balch

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