

Endurance Supplement Grid

Product	Cordyceps	C-Actives	Rhodiola	R-Actives	Other	Price/Dose	Research?
Energ-Ease (new)	200mg	10% cordycepic acid (20mg) and 6% adenosine (12mg)	200mg	6% rosavins (12mg)	Eleuthero (200mg, 1% eleutherosides) – Ashwagandha (20mg, 8% withanolides) – Eurycoma (50mg, 22% eurypeptides and 40% glycosaponins)	\$40/bottle 60 capsules (2 caps/d) =\$1.33/day for 30 days	Yes – 4 scientific presentations at top-tier peer-reviewed scientific conferences – showing significant benefits in endurance athletes including: -lower cortisol -higher testosterone -reduced fatigue -enhanced performance
Energ-Ease (old)	1,000mg	7% cordycepic acid (70mg) and 0.14% adenosine (1.4mg)	300mg	3% rosavins (9mg)	Eleuthero (200mg, 0.8% eleutherosides) – Ashwagandha (100mg, 1.5% withanolides) – Eurycoma (50mg, 22% eurypeptides and 40% glycosaponins)	\$40/bottle 60 capsules (2 caps/d) =\$1.33/day for 30 days	ACSM 2004 ISSN 2006 Exp. Biology 2007 ISSN 2007
Optygen	1,000mg	7% cordycepic acid (70mg) and 0.14% adenosine (1.4mg)	300mg	3% rosavins (9mg)	200mcg of Chromium and an 800mg blend of calcium pyruvate, sodium phosphate, potassium phosphate, ribose, adenosine	\$50/bottle 90 capsules (7-d “loading phase” of 6 caps/d followed by 3/d) =\$2.17/day for 23 days	2 studies – both showing ZERO endurance benefits
Optygen HP	1,000mg	7% cordycepic acid (70mg) and 0.14% adenosine (1.4mg)	300mg	5% rosavins (15mg)	200mcg of Chromium, 1,000mg of beta-alanine, and an 800mg blend of calcium pyruvate, sodium phosphate, potassium phosphate, ribose, adenosine	\$75/bottle 120 capsules (4 caps/d) =\$2.50/day for 30 days	None
Kona Endurance	1,110mg	7% cordycepic acid (77.7mg) and 0.14% adenosine (1.5mg)	330mg	3% rosavins (9.9mg)	None	\$40/bottle 120 capsules (9-d “loading phase” of 5 caps/d followed by 3 caps/d) =\$1.18/day	None
Kona Endurance Pro	1200mg	7% cordycepic acid (84mg) and 0.14% adenosine (1.7mg)	360mg	5.1% rosavins (18mg)	800mg blend of leucine, isoleucine, valine, citrulline)	\$60/bottle 120 capsules (4 caps/d) =\$2/day	None
Cordymax	1,050mg	0.14% adenosine (1.5mg)	None	None	None	\$26/bottle 60 caps (4-6 caps/d) =\$1.73/day (4 caps/day)	3 studies using 3-6 grams daily (6-12 capsules PER DAY)