



# ENERGY

IDLife Energy provides a boost of energy when you need it most. The time-released formula gives you an instant boost, followed by a sustained energy release that lasts up to 6 hours without a crash afterwards, so you can power through your day.\*

## DIRECTIONS:

Empty the contents of one stick pack into 12-16 ounces of water and mix well. Do not exceed 3 servings per day.

## AVAILABLE FLAVORS:

- Mixed Berry
- Fruit Punch
- Orange
- Piña Colada (seasonal flavor)

## BENEFITS:

- Vegan and Vegetarian Friendly
- No Artificial Flavors or Sweeteners

## FAQS:

### HOW DO THESE INGREDIENTS WORK TOGETHER?

IDLife uses the tri-phasic approach for energy—

**Phase 1 (Short Term):** Rapid onset of energy, concentration, appetite suppression, alertness, motivation and enhanced metabolism.\*

**Phase 2 (Mid Term):** Sustained energy, increased focus, metabolism, cognitive function performance, and feelings of well being.\*

**Phase 3 (Long Term):** Fatigue protection, no jitters or crash, appetite suppression, elevated mood, and helps reduce fluid retention.\*

### ISN'T CAFFEINE BAD FOR YOU?

Caffeine is a natural substance that, taken in the right quantities, is not bad for you and actually has positive effects.

### WILL THE ENERGY PRODUCTS MAKE ME FEEL JITTERY?

When taken in the right doses they should not make you feel jittery.

### WHAT ARE THE NATURAL FLAVORS IN IDLIFE ENERGY?

Depending on the flavor you choose, Energy contains natural flavors include strawberry fruit, blackberry fruit, raspberry juice powder, blueberry juice powder, or citrus.

### I HAVE HEART PROBLEMS. CAN I TAKE THIS PRODUCT?

Consumers with heart conditions are recommended to avoid all energy products, not just those manufactured at IDLife. Please consult your physician.

**\*These statements have not been evaluated by the Food and Drug Administration. IDLife products are not intended to diagnose, treat, cure or prevent any disease. IDLife does not represent that its products are certified organic under the United States Department of Agriculture Rules and Regulations.**

## MIXED BERRY

### Supplement Facts

Serving Size: 1 Stick ( 5.4 g )  
Servings Per Container: 15

	Amount Per Serving	% Daily Value*
Calories	10	
Total Carbohydrate	2g	1%*
Total Sugars	0g	**
Includes 0g Added Sugars		
Choline (as choline bitartrate)	640 mg	116%
Proprietary Blend	1000mg	**
Acetyl L-Carnitine HCl, N-Acetyl L-Tyrosine, L-Theanine, Caffeine as Encapsulated Caffeine and Anhydrous Caffeine (supplying 150mg of caffeine), Taurine, Gamtma Amino Butyric Acid (GABA), Quercetin Dihydrate (Flower- <i>Sophora Japonica L.</i> ), Alpha Lipoic Acid.		

\*Percent Daily Values are Based on a 2,000 Calorie Diet.  
\*\*Daily Value Not Established.

**OTHER INGREDIENTS:** Natural Flavors, Stevia, Citric Acid, Malic Acid, Silicon Dioxide, Beet Juice Powder, Raspberry Juice Powder, Blueberry Juice Powder, Organic Blackberry Powder.

## FRUIT PUNCH

### Supplement Facts

Serving Size: 1 Stick ( 9 g )  
Servings Per Container: 15

	Amount Per Serving	% Daily Value*
Calories	30	
Total Carbohydrate	7 g	3%*
Total Sugars	4 g	**
Includes 3 g Added Sugars		
Choline (as choline bitartrate)	640 mg	116%
Proprietary Blend	1000 mg	**
Acetyl L-Carnitine HCl, N-Acetyl L-Tyrosine, Caffeine as Encapsulated and Caffeine Anhydrous (supplying 150 mg of caffeine), L-Theanine, Taurine, (GABA) Gamma Amino Butyric Acid, Quercetin (flower- <i>Sophora japonica L.</i> ), Alpha Lipoic Acid.		

\*Percent Daily Values are Based on a 2,000 Calorie Diet.  
\*\*Daily Value Not Established.

**OTHER INGREDIENTS:** Organic Cane Sugar, Natural Flavors, Citric Acid, Vegetable Juice (Color) Stevia Leaf Extract (Rebaudioside A), Silicon Dioxide, Steviol Glycosides (Rebaudioside M).

## ORANGE

### Supplement Facts

Serving Size: 1 Stick ( 9 g )  
Servings Per Container: 15

	Amount Per Serving	% Daily Value*
Calories	30	
Total Carbohydrate	7 g	3%*
Total Sugars	4 g	**
Includes 3 g Added Sugars		
Choline (as choline bitartrate)	640 mg	116%
Proprietary Blend	1000 mg	**
Acetyl L-Carnitine, N-Acetyl L-Tyrosine, Caffeine as Encapsulated and Caffeine Anhydrous (supplying 150 mg of caffeine), L-Theanine, Taurine, Gamma Amino Butyric Acid (GABA), Quercetin (flower- <i>Sophora japonica L.</i> ), Alpha Lipoic Acid.		

\*Percent Daily Values are Based on a 2,000 Calorie Diet.  
\*\*Daily Value Not Established.

**OTHER INGREDIENTS:** Organic Cane Sugar, Natural Flavors, Citric Acid, Steviol Glycosides (Rebaudioside M), Silicon Dioxide, Beta Carotene (Color).

## PIÑA COLADA

### Supplement Facts

Serving Size: 1 Stick ( 9 g )  
Servings Per Container: 15

	Amount Per Serving	% Daily Value*
Calories	20	
Total Carbohydrate	5g	2%*
Total Sugars	3g	**
Includes 3 g Added Sugars		
Caffeine (as Encapsulated and Anhydrous)	150 mg	**
Proprietary Blend	2750 mg	**
Choline Bitartrate, Acetyl L-Carnitine, N-Acetyl L-Tyrosine, L-Theanine, Taurine, Gamma Amino Butyric Acid (GABA), Quercetin (flower- <i>Sophora japonica L.</i> ), Alpha Lipoic Acid.		

\*Percent Daily Values are Based on a 2,000 Calorie Diet.  
\*\*Daily Value Not Established.

**OTHER INGREDIENTS:** Organic Cane Sugar, Natural Flavors, Citric Acid, Stevia, Silicon Dioxide.