



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
- Orange
- Tropical Fruit
- Piña Colada

BENEFITS:

- Vegan & 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 benefits.

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?

Mixed Berry natural flavors include strawberry fruit, blackberry fruit, raspberry juice, and blueberry juice powders.

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.

Supplement Facts

Serving Size 1 Heaping Scoop (5 g)
Servings Per Container 30

Amount Per Serving		%DV
Calories	10	
Total Carbohydrate	2 g	< 1%*
Choline (as Choline Bitartrate)	640 mg	116%
Proprietary Blend	890 mg	†
Acetyl L-Carnitine HCl, N-Acetyl L-Tyrosine, Caffeine as Encapsulated and Caffeine Anhydrous, Gamma Amino Butyric Acid (GABA), Taurine, Quercetin Dihydrate (from Sophora japonica L.)(flower).		

*Percent Daily Values (DV) are based on a 2000 calorie diet
† Daily Value (DV) not established

Supplement Facts for Tropical Fruit Flavor

Supplement Facts

Serving Size 1 Heaping Scoop (9 g)
Servings Per Container 30

	Amount Per Serving	% Daily Value*
Calories	20	
Total Carbohydrate	5 g	2%*
Total Sugar	3 g	
Added Sugar	3 g	6%

Caffeine 150 mg **
(as encapsulated and anhydrous)

Proprietary Blend 2.75 g **

Choline Bitartrate, Acetyl L-Carnitine, N-Acetyl L-Tyrosine, L-Theanine, Taurine, GABA (Gamma Amino Butyric Acid), Quercetin Dihydrate (flower Sophora japonica L.), 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.

Supplement Facts for Piña Colada Flavor



THE SCIENCE OF ENERGY PRODUCTS: PROBLEM & SOLUTION

In our fast-paced environment, we often struggle to keep up with daily activities, encouraging many people to choose an energy product to help. Not all energy products offer the same benefits and not all offer the same quality and efficacy of ingredients.

THE PROBLEM:

- Many energy drinks on the market are loaded with caffeine and other stimulant ingredients that have been linked to cardiac arrest, insomnia, and other adverse events, including death.
- When caffeine and other stimulants are coupled with mass amounts of sugar or artificial sweeteners, the result is a massive rush of energy into the blood stream giving the user the feeling of more energy, soon thereafter followed by a cliff dive that many users describe as “the crash”.
- The target markets for many of these companies are kids and young adults. The stress on the developing organs and systems of the body has resulted in children accounting for almost 40% of emergency room visits related to energy drinks.

THE SOLUTION:

- IDLife offers a line of energy products for every occasion without the excessive levels of harmful ingredients.
- IDLife Energy Powder provides 75mg of fast-acting caffeine and 75mg of encapsulated caffeine for a gradual pick-me-up to your day. It gives you 4-6 hours of sustained energy without any sugar or the dreaded crash afterwards.*

“IDLife Energy gives me that sustainability. I feel like I can do anything for about 4-5 hours non-stop. I love to use it with my workouts. It’s an unbelievable pump.” —Darelle Joiner