



# ENERGY SHOT

IDLife Energy Shot is a unique, proprietary blend of natural energy boosters that provides up to 6 hours of energy without a crash. Energy Shot helps you get through a tough training session, provides a quick pick-me-up during a slow afternoon at the office and supports a balanced diet.\*



## DIRECTIONS:

Drink one full bottle for a natural boost of energy, as needed. After opening, reseal bottle and refrigerate. Discard any unused portion within 24 hours.\*

## AVAILABLE FLAVORS:

- Tropical Fruit

## BENEFITS:

- Natural Flavors & Sweeteners
- 0 g Sugar
- Feel it in Minutes
- 6 Hours of Energy
- 150 mg Caffeine

## FAQs:

### WHY SHOULD I USE THIS ENERGY SHOT INSTEAD OF OTHER BRANDS?

The IDLife Energy Shot provides the results you are looking for without the unnecessary ingredients. Most people take energy shots to help them in completing a task. The IDLife Energy Shot provides not only the needed boost of energy, but also mental clarity to focus on the activity at hand.

### SHOULD I TAKE THE FULL SHOT AT ONE TIME OR CAN I SPREAD IT OUT THROUGHOUT THE DAY?

It was designed to take a full shot at one time, but you can spread it out according to your personal preferences.

### HOW MANY SHOTS CAN I TAKE IN ONE DAY?

Consume no more than one bottle every six hours. It is recommended not to exceed more than three in one day.

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

Mango and Passion Fruit.

\*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 Bottle (2.5 fl oz/73.93 ml)  
Servings Per Container: 12

	Amount Per Serving	% Daily Value*
<b>Calories</b>	<b>70</b>	
Total Carbohydrate	16 g	6%
Vitamin C (Ascorbic Acid)	100 mg	111%
Vitamin D (as Cholecalciferol)	25 mcg	125%
Riboflavin (as Riboflavin)	1.7 mg	131%
Niacin (as Niacinamide)	20 mg	125%
Vitamin B6 (as Pyridoxine HCl)	10 mg	588%
Folate (as 5-methylfolate)	170 mcg DFE	43%
Vitamin B12 (as Methylcobalamin)	100 mcg	4167%
Calcium (as Calcium Lactate)	30 mg	2%
Magnesium (as Magnesium Citrate)	20 mg	5%
Potassium (as Potassium Citrate)	50 mg	1%
Caffeine	150 mg	**
N-Acetyl L-Tyrosine	250 mg	**
Quercetin	25 mg	**
GABA (Gamma-Aminobutyric Acid)	25 mg	**
Glucuronolactone	500 mg	**
Taurine	200 mg	**
Theobromine	150 mg	**
L-Glycine	100 mg	**

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

### OTHER INGREDIENTS:

Purified Water, Vegetable Glycerin, Natural Flavor, Malic Acid, Citric Acid, Luo Han Guo Extract, Stevia Leaf Extract.



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 Chew is designed for people looking for a quick pick-me-up without all the fluid. Its convenient and effective boost to your day has been coupled with ingredients that help mental clarity to give you focused energy.
- IDLife Energy Shot provides a convenient and effective boost without the sugar, artificial sweeteners or other blood sugar spiking ingredients found in other shots. It avoids the tremendous amounts of B-Complex vitamins found in the most popular energy shots that have been linked to a multitude of side effects. With mental clarity ingredients added, IDLife Energy Shot provides you the energy you want, the focus you need, and avoids the crash.
- 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*