

# 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:

Add one scoop of IDLife Energy to 12 ounces of water or beverage of your choice. Shake well and enjoy! Do not exceed 3 servings per day.

## AVAILABLE FLAVORS:

- Mixed Berry
- Orange

## EACH STICK CONTAINS:

- Natural Flavors & Sweeteners
- 200 mg Taurine
- Powered by Advantra Z
- 250 mg Tyrosine
- 150 mg Caffeine

## FAQS:

### WHAT IS IN ENERGY?

Advantra Z<sup>®</sup> is the main ingredient in IDLife Energy. Advantra Z<sup>®</sup> utilizes the body's carbohydrates as fuel to produce energy and increase ATP production. It also increases the body's efficiency to break down fats and metabolize them to produce energy. Advantra Z<sup>®</sup> is clinically proven to increase the body's metabolic rate and increase energy.

Caffeine has many effects on the body's metabolism, including stimulating the central nervous system. This can make you more alert and give you a boost of energy.

Theobromine is the primary alkaloid found in chocolate that makes you feel a boost.

### 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?

Orange is the natural flavor in the Orange. Strawberry, raspberry and blueberry are the natural flavors in Mixed Berry.

### 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 Stick (5.7 g)  
Servings Per Container: 15

	Amount Per Serving	% Daily Value*
<b>Calories</b>	<b>20</b>	
Total Carbohydrate	4 g	1%
N-Acetyl L-Tyrosine	250 mg	**
Taurine	200 mg	**
Caffeine (as VitaSure <sup>®</sup> )	150 mg	**
Caffeine SR and Caffeine Anhydrous)		
Advantra Z <sup>®</sup> Extract (Citrus Aurantium L.) (Unripen Fruit) (50% Synephrine)	50 mg	**
Gamma-Aminobutyric Acid GABA (Gamma-Aminobutyric Acid)	50 mg	**
Quercetin Powder (as Quercetin Dihydrate from Dimorphandra Mollis) (Bud)	25 mg	**

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

### OTHER INGREDIENTS:

Maltodextrin, Natural Flavor, Citric Acid, Malic Acid, Stevia Leaf Extract, Silicon Dioxide, Beta Carotene (color).

### Supplement Facts for Orange Flavor



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*