

# NRG

ENERGY & FOCUS ALL DAY

STORE IN A COOL, DRY PLACE.

TAKE IT	DOSE
Morning or early afternoon.	Adults take one capsule daily with food or as directed by your healthcare professional.



## About NRG

This all-natural dietary supplement is designed to enhance your energy and reduce hunger without the "jitters" or sudden energy burnout.

Includes Advantra Z™, an all-natural ingredient designed to support your exercise program so you feel great after a work-out.

This product supports a healthy lifestyle. Individual results are not guaranteed and may vary based on diet and exercise. We cannot and do not guarantee that you will attain a specific or particular result, and you accept the risk that results differ for each individual. Health, fitness, and nutrition success depends on each individual's background, dedication, desire, and motivation. Always consult your healthcare professional before consuming any dietary supplement.

## Ingredients:

### Chromium

Helps to transport blood sugar (glucose) from the bloodstream into cells where it is then used to convert fats, carbohydrates, and proteins into energy.<sup>1</sup>

### Vitamin B6 (Pyridoxine)

Required for the proper processing of sugars, fats, proteins<sup>2</sup>, which makes it important for getting everything you can from your workout.

### Vitamin B12

This water-soluble vitamin is important to the body's nervous system, and is used in the body's manufacture of DNA and other genetic material. It's also important in helping keep healthy, functioning blood cells.<sup>3</sup>

### Advantra Z® (Citrus Aurantium)

Widely known as "bitter orange extract", Advantra Z® is formulated to assist your body's metabolism and support a healthy diet along with your exercise program.<sup>4</sup>

### Magnesium (Aquamin Carbonate)

Required for energy production, magnesium supports several of the body's systems, including helping maintain healthy bones. Some studies have shown Aquamin Carbonate can help your body respond to some forms of joint pain.<sup>5</sup>

### Zinc

Needed for the proper growth and maintenance of the human body, this element helps maintain several important body systems' proper functioning.<sup>6</sup>

### Beta-Phenethylamine

A chemical naturally found in the body, beta-phenethylamine has been the subject of study for its role in metabolism and mental and emotional wellness.<sup>7</sup>

### Green Tea Extract

Made from the Camellia Sinensis plant, Green Tea extract contributes to alertness.\* It has many other beneficial properties due to its anti-oxidant and anti-inflammatory characteristics, including supporting your healthy cardiovascular system.<sup>8</sup>

### Alpha-Ketoglutaric Acid (AKG)

An organic acid that's important for the proper metabolism of all essential amino acids and the transfer of cellular energy in the citric acid cycle, studies have shown that AKG plays an important role in protecting cell health.<sup>9</sup>

### Choline Bitartrate

Choline is combined with a chemical salt (bitartrate) to help its absorption by the body. Small amounts of choline are naturally produced, but these amounts do not meet the requirements of the human body in some diets. According to recent studies, the vast majority of peoples' diets lack proper levels of this nutrient. Choline deficiency can cause muscle damage and liver illnesses.<sup>10</sup>

### 5-Hydroxytryptophan (5-HTP)

Produced from the seeds of an African plant, Griffonia simplicifolia, 5-HTP increases the production of serotonin within the brain. Studies indicate that 5-HTP may have a role in maintaining overall emotional well-being.<sup>11</sup>

### Vanadyl Sulfate (Vanadium)

A mineral used for improving athletic performance in weight training because of the effects on muscle cells.\* Studies show that vanadyl sulfate can support a number of body systems.<sup>12</sup>

## Best Used With:

**Original & Instant Iaso®** detox and cleansing tea removes & flushes harmful toxins.\*

**NutraBurst+** liquid multivitamin dietary supplement replenishes vital nutrients & minerals.\*

**Resolution Drops** dietary supplement to support your healthy diet, exercise, and weight-management programs.\*

## Supplement Facts

Serving Size 1 Capsule  
Servings Per Container 30

	Amount Per Serving	% Daily Value
Vitamin B-6 (Pyridoxine HCL)	4mg	200%
Vit B-12 (Cyanocobalamin)	50mcg	833%
Calcium (Aquamin)	20mg	2%
Magnesium (Carbonate)	8mg	2%
Chromium (Polynicotinate)	120mcg	100%
Protein	459mg	
Phenylethylamine (PEA)		..
Caffeine (Natural)		..
Jet Black Cocoa Powder		..
Bitter Orange Extr 30% Advantra Z™		..
Green Tea Extract (90% Polyphenols/ 50% EGCG) (Camellia Sinensis)		..
Choline Bitartrate		..
Alpha Ketoglutaric Acid		..
Cinnamon Bark (Cinnamomum Cassia)		..
Trace Mineral		..
Griffonia Seed SE 99% 5-Hydroxytryptophan (5HTP)		..
Vanadum (Vanadyl Sulfate)		..

\*Daily Value Not Established

Other ingredients: Vegetarian Capsule, Silica, Cellulose, Brown Rice Flour, and/or Inulin.

## References:

1. National Institutes of Health <https://ods.od.nih.gov/factsheets/Chromium-HealthProfessional/>
2. U.S. Department of Health and Human Services <https://ods.od.nih.gov/factsheets/VitaminB6-HealthProfessional/>
3. U.S. Department of Health and Human Services <https://ods.od.nih.gov/factsheets/VitaminB12-Consumer/>
4. U.S. Department of Health and Human Services <https://ods.od.nih.gov/factsheets/WeightLoss-HealthProfessional/>
5. National Center for Biotechnology Information <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2265739/>
6. U.S. Department of Health and Human Services <https://ods.od.nih.gov/factsheets/Zinc-HealthProfessional/>
7. National Center for Biotechnology Information <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3904499/>

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10. U.S. Department of Health and Human Services <https://ods.od.nih.gov/factsheets/Choline-HealthProfessional/>
11. U.S. National Library of Medicine <https://medlineplus.gov/druginfo/natural/794.html>
12. National Library of Medicine <https://pubmed.ncbi.nlm.nih.gov/24470091/>



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