

# NRG

## TAKE IT

Morning or early afternoon.\*

## DOSE

Adults take one capsule daily with food or as directed by your healthcare professional.\*

# ELECTRIFY YOUR DAY



## About NRG

Power your day with NRG, a weight loss and energy supplement formulated to reduce your hunger while giving your body a jitter-free boost. Each capsule of NRG contains Bitter Orange (*Citrus aurantium*), an ingredient known to burn fat through thermogenesis. NRG capsules should be consumed with 8 or more fl. oz. of water once per day. Electrify your mind and recharge your body with NRG!\*

## Ingredients:

### Chromium (Polynicotinate)

The combination of chromium and niacin (B3) improves the bioavailability and absorption of chromium in the body. It is most popular for those who want to lose weight, balance their blood sugar, and improve muscle mass.<sup>1\*</sup>

### Vitamin B6 (Pyridoxine HCL)

The body needs vitamin B6 for more than 100 enzyme reactions involved in metabolism.<sup>2\*</sup>

### Vitamin B12 (Cyanocobalamin)

This water-soluble vitamin is important to the body's nervous system and is used in the manufacturing of DNA and other genetic material. Additionally, it helps keep blood cells healthy and functioning.<sup>3\*</sup>

### Bitter Orange (*Citrus Aurantium*)

Bitter orange extract is a thermogenic supplement that may boost your metabolism, increase fat burning, and reduce your appetite.<sup>4\*</sup>

### Magnesium (Carbonate)

Magnesium is a nutrient that the body needs to stay healthy. Magnesium is important for many processes in the body, including regulating muscle and nerve functions, blood sugar, and blood pressure. It also helps produce protein, bones, and DNA. It can act as an antacid for symptomatic relief of heartburn.<sup>5 & 6 \*</sup>

### Phenethylamine (PEA)

Described as "an immediate shot of happiness, pleasure, and emotional wellbeing," PEA aids in weight-loss efforts by decreasing the body's water intake.<sup>7\*</sup>

### Green Tea Extract (90% Polyphenols / 50% EGCG; *Camellia Sinensis*)

Many studies have indicated that green tea extract can aid in weight loss. Additionally, it may help keep your skin and liver healthy, reduce blood fat levels, regulate blood pressure, and improve your brain's health.<sup>8\*</sup>

### Alpha-Ketoglutaric Acid (AKG)

AKG is a biological substance that plays an important role in cell metabolism and physiology. It is essential for the oxidation of fatty acids, amino acids, and glucose.<sup>9\*</sup>

### Choline Bitartrate

Choline supplements are believed to reduce cholesterol and may control mood swings.<sup>10\*</sup>

### Jet Black Cocoa Powder

Dutch processed cocoa is less acidic and may protect nerves from injury and inflammation.<sup>11\*</sup>

### Griffonia Seed SE 5-Hydroxytryptophan (5HTP)

Produced from tryptophan, 5 HTP is the precursor to your body's wake and sleep cycle. May aid the body in the production and maintaining healthy levels of melatonin and serotonin levels.<sup>12\*</sup>

### Cinnamon Bark (*Cinnamomum Cassia*)

Cinnamon bark can contain antioxidant and anti-inflammatory properties.<sup>13\*</sup>

### Vanadium (Vanadyl Sulfate)

Vanadium may contain anti-viral, anti-bacterial, anti-hypercholesterolemic, cardioprotective, and neuroprotective properties.<sup>14\*</sup>



Total Life Changes®, LLC  
6094 Corporate Dr  
Fair Haven, MI 48023  
1-810-471-3812  
www.TotalLifeChanges.com

STORE IN A COOL, DRY PLACE.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Not intended for use by children. If you are pregnant, nursing, or taking medications, consult your physician prior to use.

\*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.

10/03/2022

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### 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-Consumer>
3. U.S. Department of Health and Human Services <https://ods.od.nih.gov/factsheets/VitaminB12-Consumer>
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3444973>
5. <https://ods.od.nih.gov/factsheets/Magnesium-Consumer>
6. <https://pubchem.ncbi.nlm.nih.gov/compound/Magnesium-carbonate>
7. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3904499>
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9. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4703346>
10. <https://ods.od.nih.gov/factsheets/Choline-Consumer>
11. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5465250>
12. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7796270>
13. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4003790>
14. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7120733>

<b>Supplement Facts</b>		
Serving Size 1 Capsule		
Servings Per Container 30		
	<b>Amount Per Serving</b>	<b>% Daily Value</b>
Vitamin B-6 (Pyridoxine HCL)	4 mg	200%
Vit B-12 (Cyanocobalamin)	50 mcg	833%
Calcium (Aquamin)	20 mg	2%
Magnesium (Carbonate)	8 mg	2%
Chromium (Polynicotinate)	120 mcg	100%
Proprietary Blend	459 mg	
Phenylethylamine (PEA)		**
Caffeine (Natural)		**
Jet Black Cocoa Powder		**
Bitter Orange Extr 30%		**
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)		**
Vanadium (Vanadyl Sulfate)		**

\*\*Daily Value Not Established

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



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