

# NRG

ENERGY & FOCUS ALL DAY

STORE IN A COOL, DRY PLACE.

## TAKE IT

Morning or early afternoon.

## DOSE

Adults take one capsule daily with food.



## Awaken Your Greatness.

### About NRG

You can accomplish anything you set your mind to when you have good, clean energy. NRG is a dietary supplement designed with citrus aurantium (bitter orange extract) to up your game while lowering your hunger. Go ahead, elevate your workouts, and feel better than ever.

### 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.<sup>3</sup>

#### Citrus Aurantium

Widely known as "bitter orange extract", Citrus Aurantium 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 may 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 emotional wellness.<sup>7</sup>

#### Green Tea Extract

Made from the Camellia Sinensis plant, Green Tea extract contributes to alertness.<sup>8</sup> It has many other beneficial properties due to its antioxidant and antiinflammatory characteristics.<sup>9</sup>

#### Alpha-Ketoglutaric Acid (AKG)

An 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>10</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>11</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>12</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 may support a number of body systems.<sup>12</sup>

### Best Used With:

Iaso® Original and Instant cleansing tea.\*

NutraBurst liquid multivitamin dietary supplement.\*

#### Resolution Drops

dietary supplement for a healthy appetite.\*

### Supplement Facts

	Amount Per Serving	% Daily Value*
Serving Size 1 Capsule Servings Per Container 30		
Vitamin B-6 (Pyridoxine HCL)	8mg	400%
Vit B-12 (Cyanocobalamin)	100mcg	1666%
Magnesium (Carbonate)	17mg	4%
Chromium (Polynicotinate)	240mcg	200%
Proprietary Blend	918mg	**
Phenylethylamine (PEA)		**
Caffeine (Natural)		**
Jet Black Cocoa Powder		**
Bitter Orange Extract 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)		**

Other ingredients: Gelatin Capsule, Silica, Cellulose, Magnesium Stearate, Brown Rice Powder.

### 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/>
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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>
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\*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.