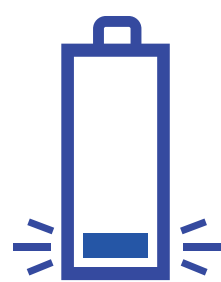




Food supplement with caffeine and plant extracts that help boost **concentration, alertness and physical and mental performance**



Recovery<sup>1</sup>  
& Tiredness<sup>1;5;6</sup>



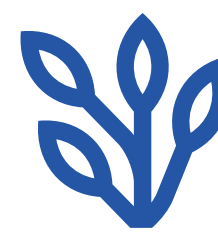
Physical<sup>3</sup> & Mental  
performance<sup>1;2;3;4</sup>



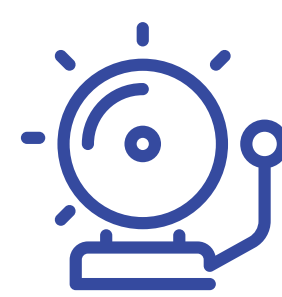
Cognitive  
activity<sup>4;5</sup>



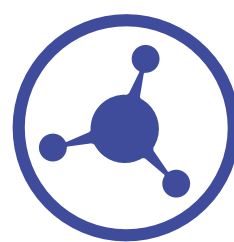
Fat<sup>2</sup> & Glucose<sup>5</sup>  
metabolism



Adaptogenic  
capacity<sup>1;4</sup>



Concentration  
& Alertness<sup>2;5;6;7</sup>



4Life Transfer Factor™  
Formula<sup>8</sup>

# ENERGY GO STIX™ BLACKBERRY

## CONCENTRATION AND ALERTNESS

Low in calories • Non carbonated • Pleasant taste  
Easy to prepare • Easy to carry and share

(1) Siberian ginseng (*Eleutherococcus senticosus*).

(2) Guarana (*Paullinia cupana*).

(3) Maca (*Lepidium meyenii*).

(4) Rhodiola (*Rhodiola rosea*).

(5) Korean ginseng (*Panax ginseng*). Chromium aids the normal metabolism of macronutrients and helps maintain normal levels of glucose in the blood.

(6) Yerba mate (*Ilex paraguariensis* A. St.-Hil).

(7) Green tea (*Camellia sinensis*).

(8) Made from colostrum (milk) and egg yolk.

- Do you need an “extra” dose of energy at certain times (work meetings, while travelling, exams)?
- Would you like to greet the day with greater physical and mental equilibrium?
- With Energy Go Stix you have guaranteed energy to handle even the most intense days!

To perform well, our body needs to be in good physical and mental conditions.

In order to have sufficient energy, our body must know how to “metabolise” the nutrients that give us energy (macronutrients - carbohydrates, fats and proteins) correctly.

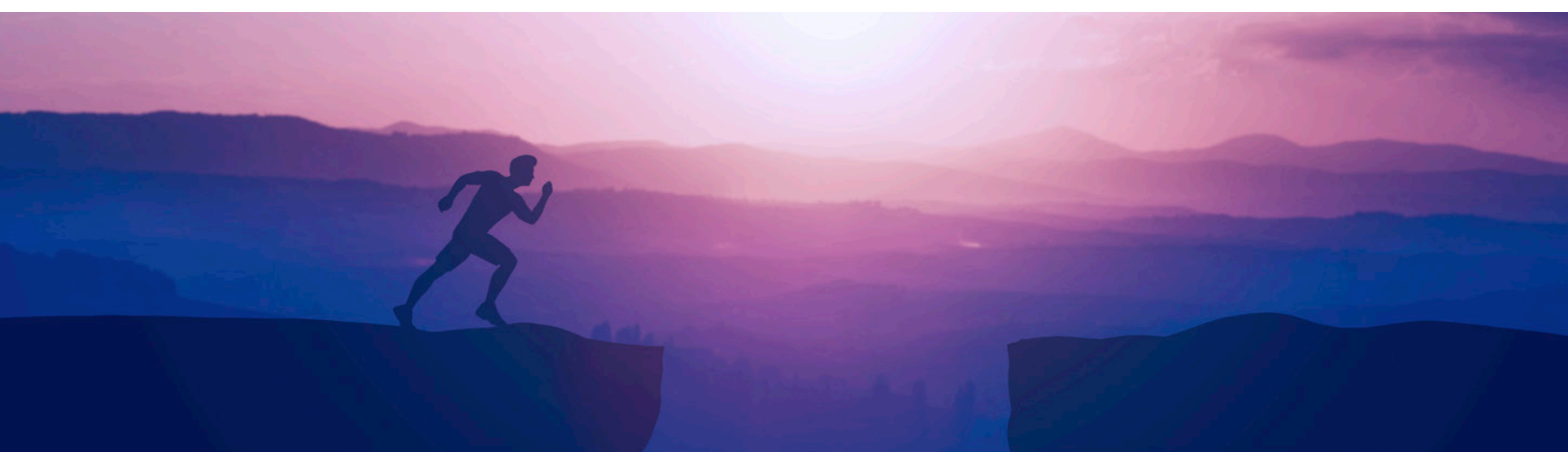
Our state of alertness and concentration are crucial for organisation, making decisions or problem-solving at work and when studying.

Energy Go Stix Blackberry is a drink with ingredients that boost our physical and mental energy.

## What does Energy Go Stix Blackberry offer?

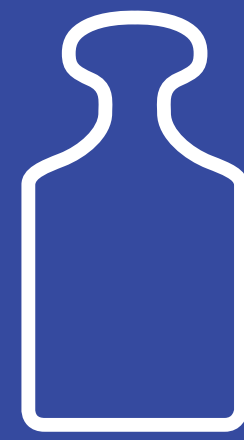
- Chromium aids **the normal metabolism of macronutrients** and helps maintain normal levels of **glucose in the blood**.\*
- Caffeine helps to improve **concentration** and increase **alertness**.

\* Glucose is an important source of energy for most body cells, including those in the brain.





**15x5g**  
PACKETS



**75g**  
NET WEIGHT

**MIX 1 PACKET WITH 240 ML OF WATER, ONCE A DAY. YOU CAN TAKE IT WHEN YOU NEED AN EXTRA BOOST OR BEFORE YOUR EXERCISE ROUTINE. AVOID TAKING IT DURING THE 6 HOURS PRIOR TO YOUR USUAL TIME OF GOING TO BED.**

### **INGREDIENTS:**

Maltodextrin, sugar, flavouring, acidity regulator (citric acid), arginine, glutamine, green tea (*Camellia sinensis*) leaf extract, taurine, sweetener (steviol glycosides from stevia), yerba mate (*Ilex paraguariensis*) leaf extract, creatine, flavouring, anti-caking agent (silicon dioxide), carnitine, eleuthero (*Eleutherococcus senticosus*) root extract, ornithine alpha-ketoglutarate, purple plum natural colorant (carrot concentrate (*Daucus carota* - root), blueberry concentrate (*Vaccinium myrtillus* - fruit)), guarana (*Paullinia cupana*) seed extract, 4Life Transfer Factor® (made from colostrum (**milk**) and **egg** yolk), maca (*Lepidium mevenii*) root extract, *Rhodiola rosea* root extract, American ginseng (*Panax quinquefolium*) root extract, Korean ginseng (*Panax ginseng*) root extract, and chromium nitrate.



## NUTRITIONAL INFORMATION:

Daily dose: One (1) packet

Daily doses per container: 15

<b>Amount per daily dose</b>		<b>%NRV*</b>
<b>Calories</b>	<b>19 kcal</b>	<b>0,95%</b>
<b>Total carbohydrates</b>	<b>3,4 g</b>	<b>1,30%</b>
Sugar	1,1 g	0,42%
Chromium	25 µg	62,5%
Arginine	200 mg	-
Glutamine	200 mg	-
Green tea	200 mg	-
Taurine	200 mg	-
Yerba Mate	140 mg	-
Creatine	125 mg	-
Carnitine	75 mg	-
Eleuthero extract	75 mg	-
Ornithine alpha-Ketoglutarate	75 mg	-
Guarana extract	60 mg	-
Maca extract	50 mg	-
Rhodiola Rosea extract	37 mg	-
Colostrum	35 mg	-
American Ginseng extract	25 mg	-
Korean Ginseng extract	25 mg	-
Egg yolk	15 mg	-

**\*NRV: Nutrient Reference Values**



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**Warnings: consult your doctor or pharmacist if you are taking treatment for diabetes.** Do not exceed the recommended daily dose. CONTAINS CAFFEINE (80 mg/PACK). Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. KEEP OUT OF THE REACH OF CHILDREN. The product contains 90 mg catechins (of which 30 mg (-)-epigallocatechin-3-gallate (EGCG)) per serving. It is not recommended to consume a daily amount of 300 mg of EGCG or more. Should not be consumed by pregnant or lactating women and children below 18 years old. Should not be consumed if you are already consuming other products containing green tea on the same day. Should not be consumed on an empty stomach. Should not be consumed for prolonged periods of time without medical supervision. Store in a cool dry place.

Follow us:



4Life® products are not intended to diagnose, treat, cure, or prevent any disease.

Nutrition declarations approved for Europe.

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