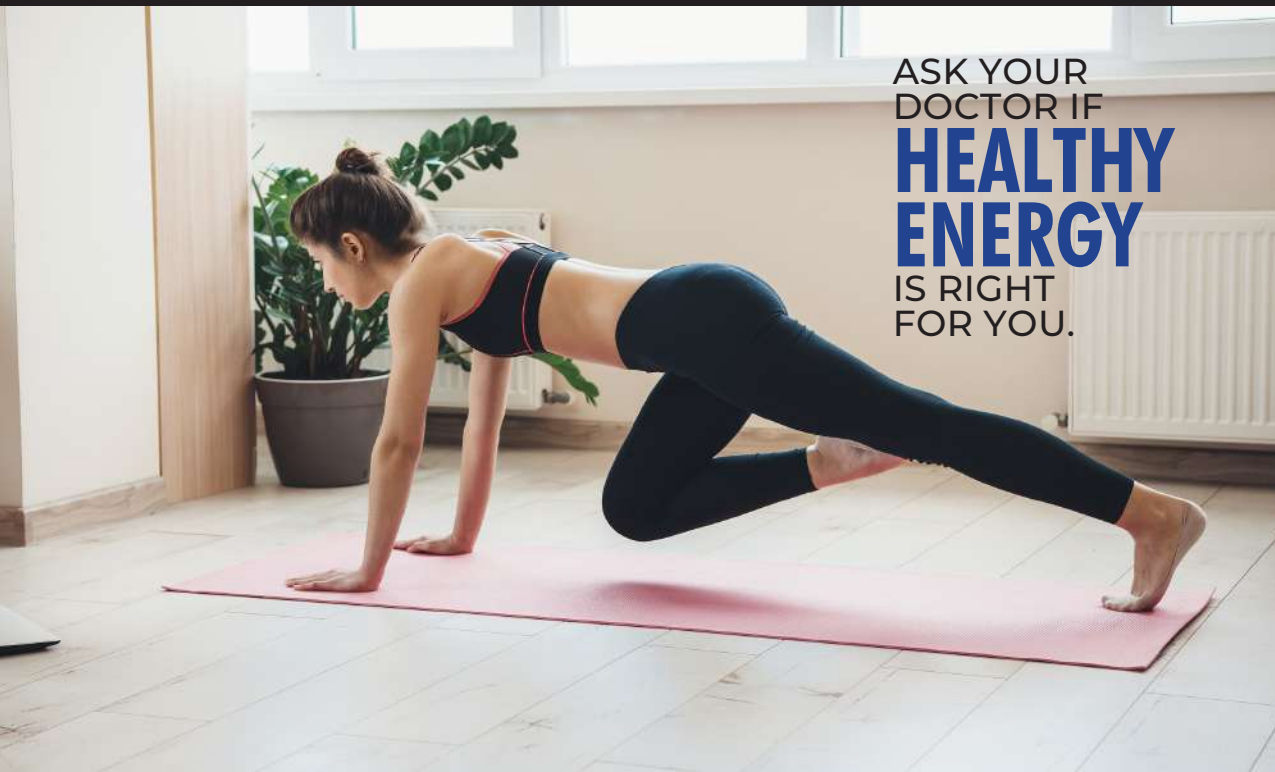




# HEALTHY ENERGY

MAY BE JUST A DAY AWAY



ASK YOUR DOCTOR IF  
**HEALTHY ENERGY**  
IS RIGHT FOR YOU.

*Health Energy Essentials is packed with vital nutrients that help restore energy, support adaptogenic activity, build a healthy immune system, and promote mental clarity.*



GLUTEN FREE



NON GMO



NO SUGAR ADDED



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# HEALTHY ENERGY ESSENTIALS



Healthy Energy Essentials is packed with vital nutrients that help restore energy, support adaptogenic activity, build a healthy immune system, and promote mental clarity. Healthy Energy Essentials contains superfoods such as Hibiscus, Spirulina, collagen peptides, ionic minerals, and a rich blend of B complex.

## KEY INGREDIENTS

**Collagen Peptides:** Are proven to help the body in multiple ways. Shown to improve joint health, support bone strength, promote healthy aging and support connective tissues that prevent injuries

**Turmeric:** Supports brain health, mental clarity, focus and productivity. It also helps reduce inflammation in your body, helping support injury recovery and overall health.

**Blueberries:** Blueberries contain natural fiber, potassium folate, vitamin C, vitamin B6 and phytonutrients. All of these nutrients help support mental clarity, brain functionality and healthy, as well as support a healthy immune system.

**Aloe Vera:** Often referred to as nature's miracle plant. Aloe Vera contains hundreds of micronutrients that bolster the immune system.

**Rhodiola Rosea:** Adaptogens have been used and known to improve health for thousands of years. Rhodiola Rosea is a powerful adaptogen that combats the effects of stress and supports overall health.

**Guarana Seed:** This beautiful berry from Brazil is packed with natural energy known as guaranine. It delivers sustainable and healthy energy throughout the day.

**Ionic Minerals:** These micronutrients promote healthy cellular connectivity and balance. Ionic Minerals enhance the body's 'operating system'. They keep your bones, muscles, heart, and brain all working properly!

**Fucoxanthin:** Fucoxanthin is a form of brown algae that is rich in nutrients called polysaccharides. Fucoxanthin supports a healthy immune system and healthy metabolic processes in your body.

**Chromium:** This is a crucial trace mineral that supports healthy and balanced glucose metabolism. Chromium also supports protein, carbohydrate, and lipid metabolism, helping with gut health and digestion!

**Vitamin C-100%:** Vitamin C, also known as L-ascorbic acid, is a water-soluble vitamin. Vitamin C is necessary for supporting healthy body tissues. It's also involved in many natural body functions like the formation of collagen, absorption of iron, and supporting a healthy immune system.

**Vitamin A-100%:** Vitamin A is a fat-soluble vitamin that is naturally present in many foods. Vitamin A is important for normal vision, the immune system, and reproduction. Vitamin A also helps support the heart, lungs, kidneys, and helps other organs work properly.

**Thiamin-80%:** Thiamin (or thiamine) is one of the water-soluble B vitamins. It is also known as vitamin B1. This vitamin plays a critical role in energy metabolism and, therefore, in the growth, development, and function of cells.

**Riboflavin-80%:** Riboflavin (also known as Vitamin B2) is one of the B vitamins, which are all water-soluble. Riboflavin is an essential component of two major coenzymes, flavin mononucleotide (FMN) and flavin adenine dinucleotide (FAD). These coenzymes play major roles in energy production; cellular function, growth, and development; and the metabolism of fats, drugs, and steroids. The conversion of the amino acid tryptophan to niacin (sometimes referred to as vitamin B3) requires FAD. Similarly, the conversion of vitamin B6 to the coenzyme pyridoxal 5'-phosphate needs FMN. In addition, riboflavin helps maintain normal levels of homocysteine, an amino acid in the blood.

**Niacin-50%:** Niacin (also known as vitamin B3) is one of the water-soluble B vitamins. Niacin is a B vitamin that's

## NUTRITION FACTS

**Serving Size:** 10 grams (approximately 1 scoop)  
**Servings per Container:** 30

Amount per Serving	% Daily Value		
Total Fat:	0 g	0 %	
Saturated Fat	0 g	0 %	
Trans Fat	0 g		
Cholesterol	0 mg	0 %	
Sodium	5 mg	0 %	
Total Carbohydrates	5 g	2 %	
Dietary Fiber	3 g	11%	
Total Sugars	0 g	0%	
Includes 0g Added Sugars		0%	
Protein	1 g		
VITAMIN D 0mcg	0%	THIAMIN 1 mg	80%
CALCIUM 0 mg	0%	RIBOFLAVIN 1mg	80%
IRON 0mg	0%	NIACIN 8mg	50%
POTASSIUM 490mg	10%	VITAMIN B6 7.7mg	450%
VITAMIN A 900mcg	100%	VITAMIN B12 21.6mcg	900%
VITAMIN C 90mg	100%	CHROMIUM 200 mcg	570%

\* The % Daily Value tells you how much a nutrient in a serving of food contributes to a healthy diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: FRUCTOOLIGOSACCHARIDE (FOS) FROM CHICORY ROOT, POTASSIUM CITRATE, COLLAGEN PEPTIDES, CITRIC ACID, NATURAL FLAVORS, L-ARGININE, STEVIA LEAF EXTRACT, ORANGE JUICE POWDER, ASCORBIC ACID (VITAMIN C), SPIRULINA EXTRACT, TRI-CALCIUM PHOSPHATE (ANTI-CAKING), GUARANA SEED EXTRACT, IONIC MINERALS, BERRIES BLEND (ACAI BERRY POWDER, AMLA FRUIT POWDER, GOJI BERRY POWDER, POMEGRANATE JUICE POWDER, ACEROLA CHERRY POWDER, MANGOSTEEN POWDER, STRAWBERRY JUICE POWDER, CRANBERRY JUICE POWDER, MAQUI BERRY POWDER, JABUTICABA JUICE POWDER), TURMERIC ROOT POWDER, BLUEBERRY JUICE POWDER, PINEAPPLE JUICE POWDER, ALOE VERA GEL POWDER, RHODIOLA ROSEA POWDER, RETINYL PALMITATE (VITAMIN A), PYRIDOXINE HCL (VITAMIN B6), NIACINAMIDE (VITAMIN B3), GRAPE SEED EXTRACT, FUCOIDAN BROWN ALGAE POWDER, CHROMIUM PICOLINATE, RIBOFLAVIN (VITAMIN B2), THIAMINE HCL (VITAMIN B1), METHYLCOBALAMIN (VITAMIN B12).

made and used by your body to turn food into energy. It helps keep your nervous system, digestive system, and skin healthy.

**Vitamin B6-450%:** Vitamin B6 is a water-soluble vitamin that supports healthy neurotransmissions as well as healthy metabolism of proteins, fats, and carbohydrates. In particular, Pyridoxal 5' phosphate is the active coenzyme form of vitamin B6.

**Vitamin B12-900%:** Vitamin B12 is a water-soluble vitamin that is essential for the production of red blood cells and DNA function. B12 also supports healthy glucose metabolism.

**Potassium-14%:** Potassium, the most abundant intracellular cation, is an essential nutrient. Potassium is present in all body tissues and is required for normal cell function because of its role in maintaining intracellular fluid volume and transmembrane electrochemical gradients.