



Protocol for Energy

Our Daily Cup of Energy

Draining the Cup:

- Stress, worry, anxiety
- Toxins
- Too little/much exercise
- Nutrient deficiencies
- Aging process
- Genetics
- Excessive caffeine
- Social media...



Filling the Cup:

- **Nutrition**
- **Stress resilience**
- **Sleep**
- Hydration
- Movement/exercise
- Nature
- Connection
- Purpose



Nutrition for Energy

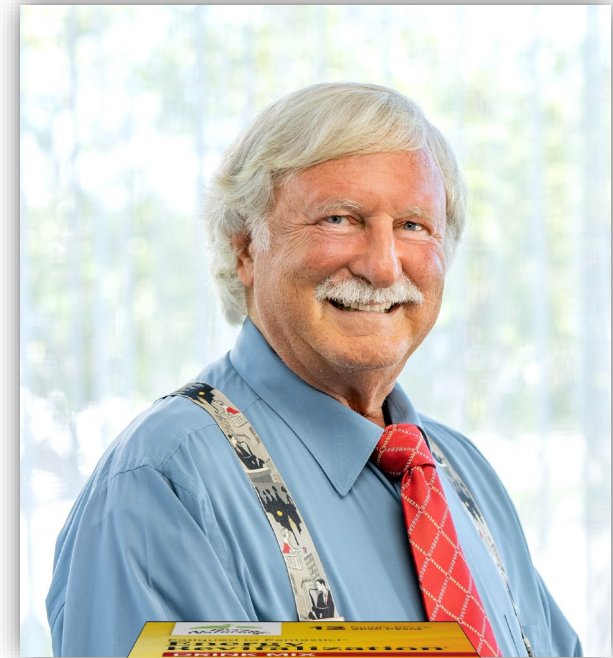
Everyone Need Essential Nutrients

- Age or gender-specific formulas aren't necessary
- Everyone needs a full range of vitamins and minerals
- Nutrients in their optimal forms for absorption and efficacy: active forms of B vitamins and chelated minerals
- No artificial colors and artificial flavors
- Drink mix is easy for those who don't want tablets or capsules
- Gummies are candy, not vitamins!



A Simple Way to Optimize Vitamin, Mineral, and Nutritional Cofactor Intake

- Better compliance - easy to take
- More efficient to make and less expensive for the consumer (versus tablet or capsules)
- Nutrients in their bioavailable, premium forms
- Dosage is easily adjustable!



Ingredient Highlights

- **Vitamins B6, Folate, and B12 in their Bioactive Forms**
 - B6 as pyridoxal-5-phosphate
 - Folate as methyltetrahydrofolate
 - B12 as methylcobalamin
- **Chelated Minerals (TRAACS glycinate chelates)**
 - Magnesium, zinc, copper, manganese, chromium, molybdenum
- **Amino acids**
 - Precursors to energy factors
- **Bioavailable forms of Vitamin D and Selenium**
 - Vitamin D as cholecalciferol [D3]
 - Selenium from yeast

Fatigued to Fantastic! Energy Revitalization*

- Developed in collaboration with energy expert, Dr Jacob Teitelbaum

- 30 key nutrients

- 13 vitamins
- 10 minerals
- 5 amino acids
- 2 nutritional co-factors

- Easy to use drink mix

- Ideal for those looking for alternatives to tablets or capsules
- Blends with water - no grit
- Container or convenient single serving stick packs



SUPPLEMENT FACTS

Serving Size: 1 Scoop (7.2 grams) Servings Per Container: 30

Amount Per 1 Scoop (7.2 grams):	%DV	Amount Per 1 Scoop (7.2 grams):	%DV
Calories	15	Magnesium (TRAACS™ magnesium bisglycinate chelate buffered (magnesium bisglycinate chelate and magnesium oxide))	200 mg 48%
Total Carbohydrate	2 g < 1%†	Zinc (from TRAACS™ zinc bisglycinate chelate)	15 mg 136%
Vitamin A (as retinyl palmitate)	1,500 mcg (5,000 IU) 167%	Selenium (from selenium yeast)(<i>Saccharomyces cerevisiae</i>)	55 mcg 100%
Vitamin C (from calcium ascorbate)	250 mg 278%	Copper (from TRAACS™ copper glycinate chelate)	0.5 mg 56%
Vitamin D3 (as cholecalciferol)	25 mcg (1,000 IU) 125%	Manganese (from TRAACS™ manganese bisglycinate chelate)	2 mg 87%
Vitamin E (as d-alpha and mixed tocopherols)	50 mg (75 IU) 333%	Chromium (from TRAACS™ chromium nicotinate glycinate chelate)	200 mcg 571%
Thiamin (Vitamin B1) (from thiamin HCl)	50 mg 4,167%	Molybdenum (from TRAACS™ molybdenum glycinate chelate)	125 mcg 278%
Riboflavin (Vitamin B2)	75 mg 5,769%	L-Taurine	500 mg **
Niacin (Vitamin B3) (as niacin and from niacinamide)	50 mg 313%	L-Glycine	390 mg **
Vitamin B6 (from pyridoxal-5-phosphate)	25 mg 1,471%	L-Tyrosine	377 mg **
Folate (from calcium-L-5-methyltetrahydrofolate)	340 mcg DFE 85%	Betaine Anhydrous	350 mg **
Vitamin B12 (as methylcobalamin)	500 mcg 20,833%	N-Acetyl-L-Cysteine	250 mg **
Biotin (as d-biotin)	200 mcg 667%	L-Serine	240 mg **
Pantothenic acid (from d-calcium pantothenate)	100 mg 2,000%	Boron (from calcium fructoborate)	2 mg **
Choline (from choline bitartrate)	100 mg 18%	Vitamin K2 (as menaquinone-7 (MK-7 as MenaQ7®))	100 mcg **
Calcium (from dicalcium phosphate, calcium fructoborate, d-calcium pantothenate, and calcium ascorbate)	75 mg 6%		
Iodine (from potassium iodide)	200 mcg 133%		

** Daily Value (DV) not established.

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

Recommendations: 1 scoop daily. Mix with 8-16 oz of water, your favorite beverage, smoothie, or yogurt. Best if consumed within 30 minutes of preparation.

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Clinical Essentials



Recommendations: 2 tablets or 4 capsules daily.
Take with meals.

- **Support for:**

- Immune System
- Energy, Heart
- Metabolism
- Bones
- Mood*

- **30 Premium Nutrients in their proven forms**

- Benfotiamine
- Boron as calcium fructoborate
- Vitamin K as menaquinone (Mena Q7)
- Chelated minerals

- **No Vitamin Aftertaste - Gentle on the Stomach**

Active B Vitamins – no conversion necessary:

- Vitamin B6 as **pyridoxal-5-phosphate**: 25 mg
- Vitamin B12 as **methylcobalamin**: 1,000 mcg
- Folate as **L-5-methyltetrahydrofolate**: 1,360 mcg DFE

Lifespan Essentials: Polyphenols



- Micronutrients in plants
 - Act like a shield for our cells
- Over 8,000 polyphenols identified
- Best known properties: antioxidant, **anti-inflammatory**, anti-aging
- Wide range of indications

You will not die as quickly from lack of polyphenols as lack of the other essential classes of nutrients, but you cannot live a long and healthy life without them.

Optimal Wellness

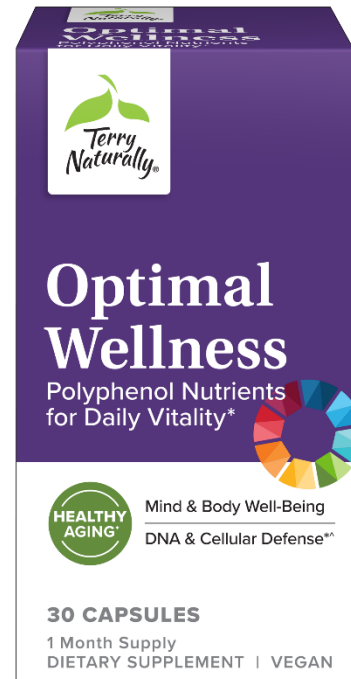
- Lifespan Essentials
- 5 Premium Ingredients that are proven sources of powerful polyphenols
 - Olive Leaf Extract EP20™
 - VX1® grape seed extract
 - BCM-95® curcumin
 - Apple extract
 - Green tea extract
- Healthy Aging, Heart, Brain, and Immune support*

Most Important
Nutrient Group After
Vitamins and Minerals

Recommendations: 1 capsule daily. May increase to 1 capsule twice daily for optimal support.

^Protection from oxidative stress and damage

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SUPPLEMENT FACTS		
Serving Size: 1 Capsule		
Servings Per Container: 30		
Amount Per 1 Capsule (Veg):		%DV
Green Tea (<i>Camellia sinensis</i>) Leaf Extract	125 mg	**
Apple (<i>Malus spp</i>) Fruit Extract	100 mg	**
French Grape (<i>Vitis vinifera</i>) Seed Extract (VX1®)	100 mg	**
Olive (<i>Olea europaea</i>) Leaf and Fruit Extract (EP20™)	100 mg	**
Curcumin (<i>Curcuma longa</i>) Rhizome Extract (BCM-95®/Curcugreen®)	50 mg	**
**Daily Value (DV) not established.		



Stress Resistance

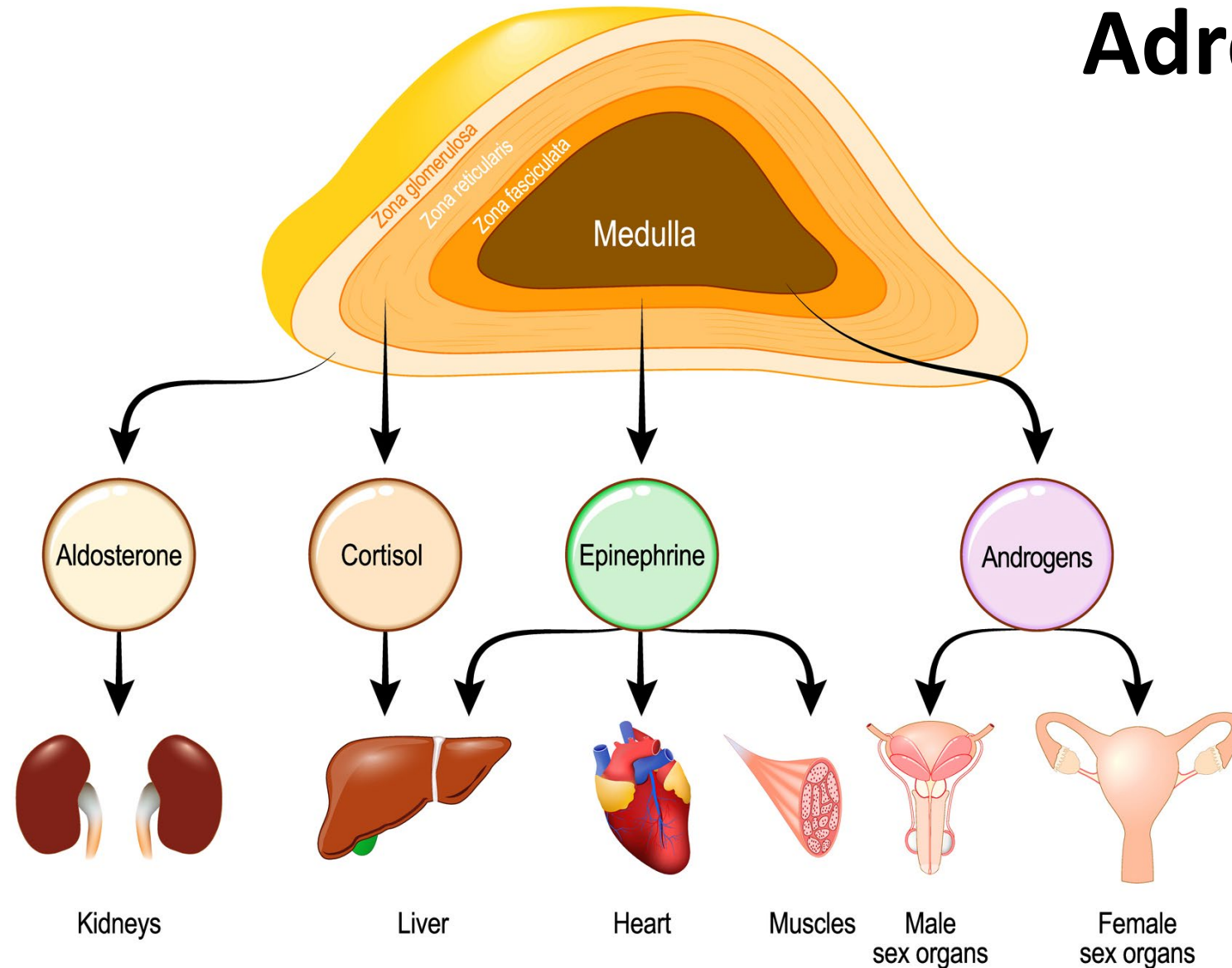
Adrenal Hormones

Adrenal Glands

Produce hormones for energy, stress response, the immune system, mood, and muscle strength:

Catecholamines: dopamine, epinephrine (adrenaline), and norepinephrine (noradrenaline)

Steroid hormones: cortisol, aldosterone, androgens



HRG80: First of its kind!

- **Clean, *whole root* ginseng**
 - Hydroponic cultivation
 - NO pesticides
 - No solvents or irradiation
 - Optimal conditions to yield a more potent ginseng
 - Full spectrum root, not an extract

Red ginseng is steamed and dried; white ginseng is dried only. Both are from the same plant, *Panax ginseng*. The difference is in how they are processed.

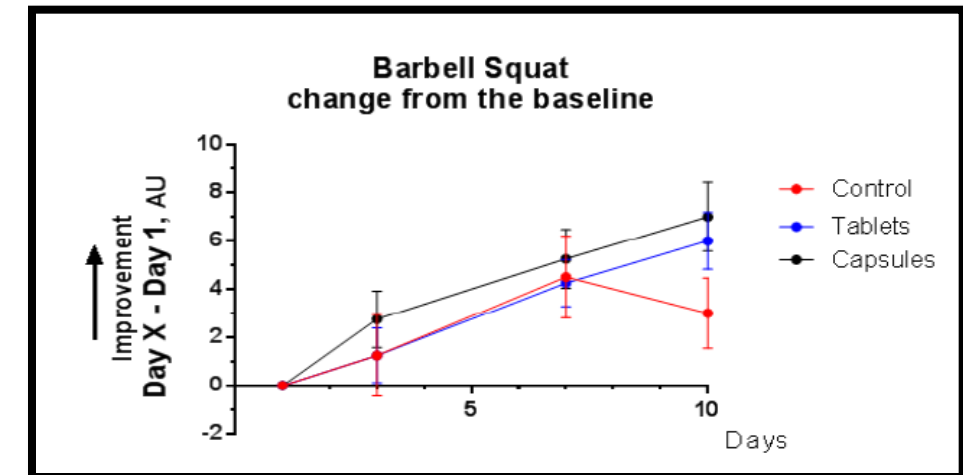
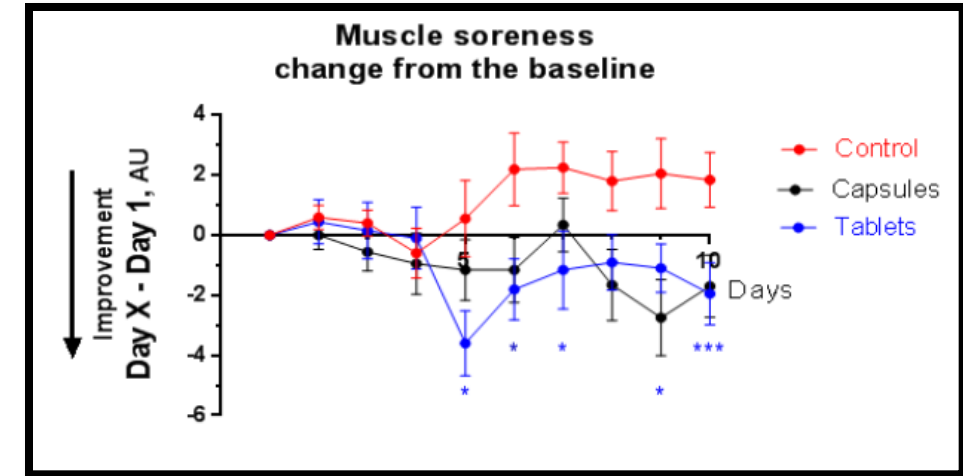


Sustainable and Ethically Produced Ginseng

Better than low quality, field cultivated ginseng treated with chemical pesticides; No adverse effect on already depleted levels of wild ginseng

Effects on Fatigue and Exercise in Elite Athletes

- Red ginseng energy capsules (400 mg) and chewable tablet (100 mg) for 10 days each
- Measurements: Fitness (barbell squats and pushups); Fatigue (muscle soreness)
- Results
 - Both effectively reduced fatigue (measured as muscle soreness); effects faster with chewable
 - Fitness improved in both groups





Red Ginseng Energy



- Ultra clean **HRG80** red ginseng
 - Grown without chemicals or pesticides
 - Full spectrum whole root
- Clinically studied
- Highest concentration of rare, noble ginsenosides
 - 7x more noble ginsenosides than conventional ginseng
- More bioavailable
 - Up to 17x more absorbable than conventional ginseng

Participants who experienced benefits in a clinical study featuring Red Ginseng, reported amazing results!

67% Increased Energy	48% Better Mental Clarity
46% Sleep Improvement	72% More Stamina



SUPPLEMENT FACTS		
Serving Size: 1 Chewable Tablet		
Servings Per Container: 30		
Amount Per 1 Chewable Tablet:		%DV†
Calories	5	
Total Carbohydrate	0.5 g	<1%
Total Sugars	0 g	
Sugar Alcohol (Xylitol)	2 g	
Enhanced Absorption Complex	500 mg	**
Featuring Gamma Cyclodextrin and 100 mg Korean Red Ginseng (<i>Panax ginseng</i>) Root Powder (HRG80™) containing rare, noble ginsenosides		
** Daily Value (DV) not established		
† Percent Daily Values (DV) are based on a 2,000 calorie diet		

SUPPLEMENT FACTS		
Serving Size: 1 Capsule		
Servings Per Container: 30		
Amount Per 1 Capsule (Veg):		%DV
Korean Red Ginseng (<i>Panax ginseng</i>)	200 mg	**
Root Powder (HRG80™) containing rare, noble ginsenosides		
** Daily Value (DV) not established		

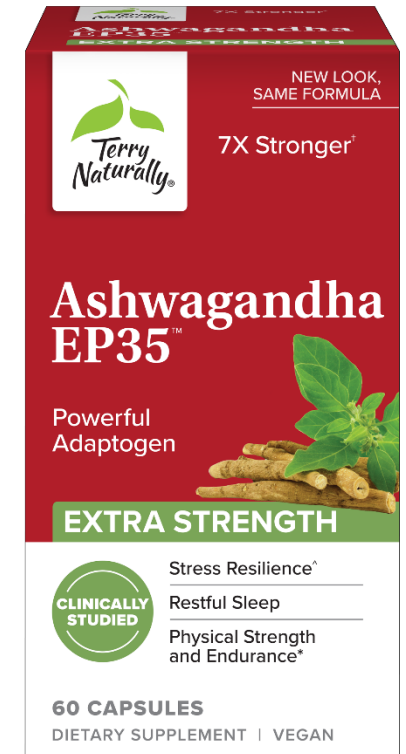
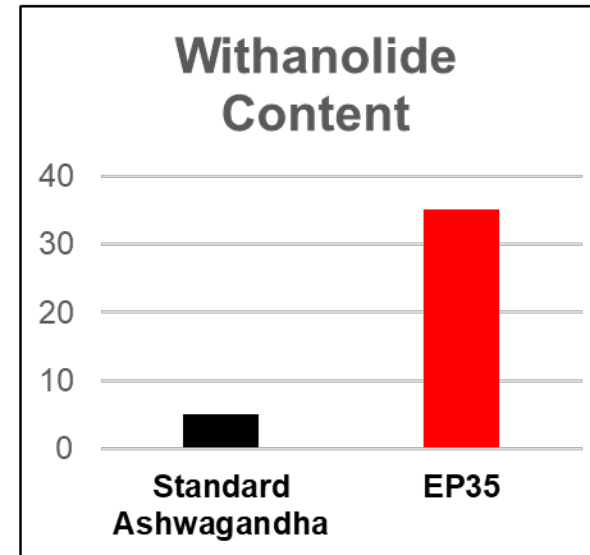
Recommendations: Take 1 capsule to chewable tablet daily. May increase to 1 capsule, twice daily. Results improve with continued use.

Ashwagandha EP35

- **Highest standardization in the industry - a minimum of 35% withanolides**
 - **7x more potent** versus 5% ashwagandha products
 - 52.5 mg withanolides per capsule
- **Clinically studied**
 - Better quality sleep
 - Improved mood
 - Healthy hormone levels (including cortisol and testosterone)*^
- **Dairy-free extraction**

Recommendations: 1 capsule, one or two times daily

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SUPPLEMENT FACTS

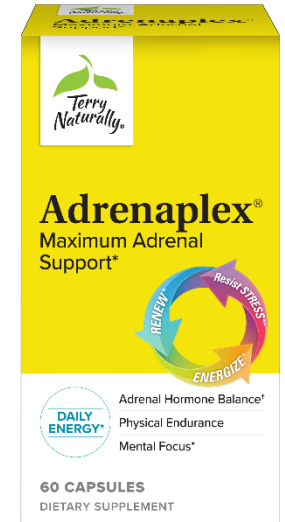
Serving Size: 1 Capsule
Servings Per Container: 60

Amount Per 1 Capsule (Veg):		%DV
Ashwagandha	150 mg	**
(Withania somnifera) Leaf and Root Extract (EP35™)		
standardized to ≥ 35% withanolides (≥ 52.5 mg)		

**Daily Value not established

Adrenaplex

- **Maximum adrenal support***
 - Freeze-dried adrenal extract (bovine)
- **Reduces stress and fatigue***
 - Increases energy
 - Supports immune function
 - Mental focus and physical endurance*
- **Balances production of stress hormones***
 - Supports health hormone balance, especially cortisol*



SUPPLEMENT FACTS

Serving Size: 2 Capsules
Servings Per Container: 30

Amount Per 2 Capsules:		%DV
Vitamin C (as ascorbic acid)	200 mg	222%
Vitamin B6 (as pyridoxal-5-phosphate)	10 mg	588%
Pantothenic Acid (as d-calcium pantothenate)	100 mg	2,000%
Adrenal Extract (freeze dried)	450 mg	**
L-tyrosine	450 mg	**
Licorice (<i>Glycyrrhiza glabra</i>) Root (5:1) Extract	125 mg	**
Rehmannia (<i>Rehmannia glutinosa</i>) Root (5:1) Extract	75 mg	**
Pregnenolone	15 mg	**
DHEA (dehydroepiandrosterone) (micronized)	10 mg	**

**Daily Value (DV) not established

Recommendations: Adults, 18 years and up, take 2 capsules daily. May be taken as 1 capsule twice daily.

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Cortisol Rescue*†

- **Proactive support for healthy cortisol balance***

- Energy
- Weight management^
- Blood sugar†
- Immune function*

Unlike other ingredients
(theanine, magnolia) does
not cause drowsiness

- **Adrenal hormone DHEA**

- An optimal DHEA to cortisol ratio is associated with stress reduction and other health benefits*

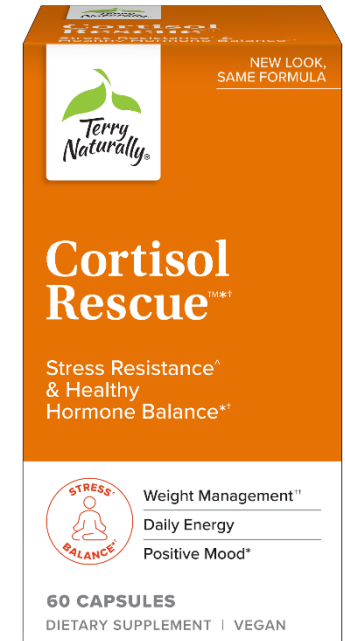
- **Vitamin C and a full spectrum of B vitamins**

- Bioactive forms of B6 (P5P), B12 (methylcobalamin), and folate (methylfolate)

Recommendations: Women, 1 capsule, 1-2 times daily. Men, 1 capsule, 1-3 times daily.

†Supports healthy levels already within normal range ^In conjunction with a healthy diet and exercise regimen

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SUPPLEMENT FACTS

Serving Size: 1 Capsule

Servings Per Container: 60

Amount Per 1 Capsule (Veg):		%DV
Vitamin C (as ascorbic acid)	200 mg	222%
Thiamin (B1) (from thiamin HCl)	12.5 mg	1,042%
Riboflavin (Vitamin B2)	12.5 mg	962%
Niacin (Vitamin B3) (from niacinamide and as niacin)	35 mg	219%
Vitamin B6 (from pyridoxal-5-phosphate)	15 mg	882%
Folate (from (6S)-5-methyltetrahydrofolic acid, glucosamine salt)†	400 mcg DFE	100%
Vitamin B12 (as methylcobalamin)	500 mcg	20,833%
Biotin	75 mcg	250%
Pantothenic acid (from d-calcium pantothenate)	125 mg	2,500%
DHEA (dehydroepiandrosterone)(micronized)	15 mg	**

**Daily Value (DV) not established. †US Patent No. 7,947,662.



Sleep

Melatonin for Sleep

- Melatonin is not a sedative
- Melatonin tells the body it is time to get ready for rest, and helps start the winding down process



Take **1-2
hours**
BEFORE
bedtime!



Sleep
peacefully



Melatonin EP120

- **Two options in sustained release**
(EP120, 5 or 10 mg)
 - Extended release over 5-6 hours
- **Supports Sleep and More!**
 - Immune function
 - Inflammation response[^]
 - Liver health
 - Sleep[†]

Recommendations: 1 tablet, 1-2 hours before bedtime.

[†]Relief of occasional sleeplessness [^]Occasional inflammation due to exercise or overuse

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SUPPLEMENT FACTS		
Serving Size: 1 Tablet		
Servings Per Container: 60		
Amount Per 1 Tablet:	%DV	
Melatonin (EP120™)	5 mg	**
**Daily Value (DV) not established		

SUPPLEMENT FACTS		
Serving Size: 1 Tablet		
Servings Per Container: 60		
Amount Per 1 Tablet:	%DV	
Melatonin (EP120™)	10 mg	**
**Daily Value (DV) not established		

Terrific Zzzz™

Deep, sound sleep†*

- Relieves occasional sleeplessness
- Helps you feel rejuvenated and refreshed
- Supports deep, restorative sleep without grogginess*†
- Non-habit forming

Recommendations: 1 to 2 softgels about an hour before bedtime.

† For relief of occasional sleeplessness

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SUPPLEMENT FACTS

Serving Size: 2 Softgels

Servings Per Container: 15

Amount Per 2 Softgels:	%DV
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Calories	5
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Proprietary Formula	450 mg	**
Mandarin (<i>Citrus reticulata</i>) Zest Oil, Lavender (<i>Lavandula angustifolia</i>) Aerial Oil, Ravintsara (<i>Cinnamomum camphora</i>) Leaf Oil		

**Daily Value (DV) not established.