



## — PRODUCT GUIDE

# MONAT Energy

Boost for Body + Mind

### **Fuel your fire.**

Focus and Productivity/Energy Support

## Why you'll love it

MONAT Energy is a delicious, all-natural drink mix that provides long-lasting energy to help you power through the day.\*

### FEATURES & BENEFITS

- Provides lasting energy without jitters or crash\*
- Promotes mental alertness and focus\*
- Supports mood and the body's natural stress response\*
- Supports physical performance\*
- Sugar-free formula with natural Berry Blast flavor
- Convenient stick packs for on-the-go energy

### HOW TO USE

Mix one stick pack in 8 to 12 fl. oz. of water, twice daily.

Note: If you are sensitive to caffeine, you may want to begin with one stick pack daily and gradually adjust to two stick packs daily.

### FAQ

#### **Q: How much caffeine does MONAT Energy contain?**

A: MONAT Energy is a refreshing drink mix that fuels your body and your mind. You will feel a pleasant boost from 50 mg of caffeine provided by green coffee bean extract. For comparison, the leading energy drink contains between 100 mg and 170 mg of caffeine per can, and a 12 oz. drip coffee contains as much as 260 mg of caffeine.\*

#### **Q: How will MONAT Energy make me feel?**

A: MONAT Energy features plant-based extracts, as well as a cutting-edge nootropic ingredient to support heightened focus, attention, and mood. MONAT Energy provides a smooth, gentle lift—without feeling jittery or crashing.\*

## KEY INGREDIENTS



### Caffeine (from Green Coffee Bean)

Green coffee beans are the seeds of the coffee plant. This natural stimulant increases energy levels and improves mood.\*



### Phenylethylamine

A stimulant that acts as a messenger within the central nervous system to help promote energy, increase focus, and elevate mood.\*



### Adaptogenic Blend

Typically herbs or spices, these botanical extracts help the body “adapt” to stressors—external or internal—by helping the body achieve homeostasis, or balance.\*

### Rhodiola Rosea

A root used to help regulate stress, improve mood, and boost energy.\*

### Ashwaganda

This herb provides stress relief by supporting the adrenal glands to release normal levels of the stress hormone cortisol.\*

### Schisandra Berry

An adaptogenic herb that enhances the body's adaptation to stress, and helps maintain energy and support concentration. This natural stimulant is shown to improve circulation and support response to fatigue.\*



### Vitamin B12

A water-soluble essential vitamin and part of the B vitamin complex necessary for life due to its support in proper red blood cell formation and neurological function.\*

## Supplement Facts

Serving Size: 1 Stick Pack (6 g)

Servings Per Container: 30

Amount per Serving	% Daily Value	
Calories	15	
Total Carbohydrate	5 g	2 %*
Vitamin B12 (as Methylcobalamin)	200 mcg	8333 %
Natural Caffeine (from Green Coffee Bean Extract)	50 mg	**
<b>Energy Blend</b>	<b>1800 mg</b>	<b>**</b>

Green Coffee Extract (bean) [Std. for 5% Chlorogenic Acid]

Ashwaganda Extract (root) [Std. for 1.5% Withanolides]

Eleutherococcus Extract (root) [Std. for 0.8% Eleuthrosides]

L-Carnitine

Maral (*Leuzea cartamoides*) (root)

Schizandra Berry Extract (fruit)

Phenylethylamine HCl

Rhodiola Rosea Extract (root) [Std. for 3% Salidroside & 1% Rosavins]

\*\*Daily Value not established.

\*Percent Daily Values are based on a 2,000 calorie diet.

**Other Ingredients:** Organic Acacia Gum, Natural Flavor, Citric Acid, Beet Juice Extract (for color), Silicon Dioxide, Rebaudioside A (as Stevia Extract)

**\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.**