

Feel *Energetic* and *Vibrant*

Although the number of hours in a day is fixed, the quantity and quality of your energy is limitless¹. By managing your energy, you can complete each task in a more focused and efficient manner.

TIPS to Feel Energetic



A spoonful a day!

Consume antioxidant-rich polyphenol mixture from Muscadine Grape with Japanese Knotweed Extract, Purple Carrot Extract and European Elderberry Extract.



Eat a low carbohydrate,
low sugar diet.



Rest
adequately.

The Perfect Blend of Polyphenols

These botanicals provide a unique spectrum of polyphenols that boost cell health and promote longevity. Numerous clinical and laboratory studies have recorded how polyphenols impact our body.



▲ Muscadine Grape



▲ Purple Carrot
Extract



▲ European
Elderberry
Extract



▲ Japanese
Knotweed
Extract

POWER UP YOUR DAY

A laboratory study at a leading university showed that polyphenol mixture from Muscadine Grape with Japanese Knotweed Extract, Purple Carrot Extract and European Elderberry Extract can help boost energy levels. Manage your energy efficiently by including this polyphenol mixture into your daily diet.²

- ▲ Increase the number of mitochondria, our body's energy plant to produce energy.
- ▲ Boost energy production so you experience enhanced energy levels to do more in a day.



Find out more about
polyphenols here!

References:

1. Jim Loehr, Tony Schwartz. 2005. *The Power of Full Engagement: Managing Energy, Not Time, Is the Key to High Performance and Personal Renewal*. Free Press.
2. L. Fisher, T. Ianiro, F. Lau, H. Wang, B. Daggy. Synergistic Effects of Phenolic Mixtures in Human Cell Models of Aging. *FASEB Journal*, April 2015. vol. 29 no. 1 Supplement 608.36.