

## PRODUCT INFO

# IT WORKS! ENERGY B MORE

30 (2.0 g) Single-Serve Packets

Forget about mid-afternoon slumps when you wake up your body and brain with It Works! Energy.† Created as an instant-melt powder, these convenient, lemon-lime-flavored energy sticks make it easier than ever to accomplish more throughout your day. Formulated with Vitamin B12, It Works! Energy provides support when you need to B MORE energized, focused, and balanced†—whether during a workout or a busy afternoon. Simply open and pour onto your tongue for an extra kick of energy when you need it most.†

### Features and Benefits:

- Instantly melts on your tongue
- Helps increase energy, stamina, and ketone creation†
- Decreases stress and fatigue†
- Helps your mind stay sharp and focused while balancing your mood†
- Available in single-serve, ready-to-go packets



SKU 33502

## Supplement Facts

Serving Size: 1 Packet (2.0g)  
Servings Per Container: 30

	Amount Per Serving	%DV
Total Calories	5	
Total Carbohydrate	2 g	<1%*
Total Sugars	1 g	**
Including 1 g Added Sugars		2%*
Vitamin B6 (as pyridoxine HCl)	1 mg	59%
Vitamin B12 (as cyanocobalamin)	1000 mcg	41,667%
Iron	1.2 mg	7%
Chromium (as chromium picolinate)	500 mcg	1,429%
Encapsulated Caffeine (providing 120 mg caffeine)	200 mg	**
<b>It Works! Proprietary Energy Blend:</b>	1600 mg	**
Palatinose™ Isomaltulose, Taurine, Banaba leaf extract (1% corosolic acid), Medium chain triglyceride concentrate (50% MCTs), Guarana seed extract, Ashwagandha root, Eleuthero root extract, Green tea leaf extract, Tencha (Matcha) green tea leaf, TMG (Trimethylglycine), Vanadium (as sodium metavanadate) (100 mcg vanadium)		

\*Percent Daily Values are based on a 2,000 calorie diet.  
\*\*Daily value (DV) not established.

## SUGGESTED USE

For an instant boost, pour one packet of It Works! Energy powder directly on your tongue. Stay energized with up to two packets per day.

**Caution:** This product contains 120 mg caffeine per packet. Not recommended for children, pregnant or nursing women, and individuals sensitive to caffeine.

**Warning:** Keep out of reach of children. Protect from heat, light, and moisture. Store at 15–30°C (59–86°F). Do not use if tamper-evident seal is broken or missing.

**Other Ingredients:** natural color (from turmeric root and spirulina), natural flavors, citric acid, silica and monk fruit extract



†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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# IT WORKS! ENERGY

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### FREQUENTLY ASKED QUESTIONS

#### When and how do I use It Works! Energy?

It Works! Energy is an ideal energizing companion to use throughout your busy day. The convenient packaging means it's easy to take anywhere — simply rip open and pour the powder directly onto your tongue! The lemon-lime-flavored caffeine powder melts on contact for an instant boost of energy when you need it most.† As It Works! Energy only has 2 carbs, it's also an ideal source of energy for anyone practicing a low-carb lifestyle.

#### What are some of the key active ingredients in It Works! Energy?

- **Encapsulated Caffeine** – provides an instant energy boost to both the brain and body, so that you're less fatigued, more invigorated, and focused†
- **Vitamins B6 and B12** – helps reduce stress while supporting general health†
- **Ashwagandha** – a key ingredient to help bring on a good mood boost†
- **Chromium** – helps maintain healthy blood sugar levels so you can stay balanced†

#### How much caffeine does It Works! Energy contain?

It Works! Energy contains 120 mg of encapsulated caffeine per packet — equivalent to the caffeine found in 1.3 cups of regular brewed coffee. The caffeine is encapsulated to achieve a better taste when poured directly onto your tongue.

Because this is an instant caffeine kick, we don't recommend taking It Works! Energy at the same time as other products with significant amounts of caffeine.

#### How much sugar does It Works! Energy contain?

It Works! Energy contains only 1 g of added sugar from Palatinose™ to provide balanced energy and a sweet flavor with no aftertaste. Unlike sugar, which is digested quickly and absorbed by the body, Palatinose™ is digested 4-5 times slower than regular sugar—meaning no spike in blood sugar and therefore minimized cravings.

#### Does It Works! Energy contain gluten?

It Works! Energy is formulated with only gluten-free ingredients. It is not currently tested for gluten that may or may not be introduced during the manufacturing process.

#### Can I allow my children to use It Works! Energy?

It Works! Energy is recommended only for adults age 18 and older.

#### Can I use It Works! Energy if I am pregnant, nursing, taking medications, or have a medical condition?

Before using any new product, we suggest that you consult your physician to find out if it is right for you.

