

PRODUCT INFO

IT WORKS! ENERGY B MORE

30 (2 g) Single Serve Packets

Forget about mid-afternoon slumps when you wake up your body with It Works! Energy. Created as an instant-melt powder, each convenient, ready-to-go, lemon-lime-flavoured energy* packet makes it easier than ever to accomplish more throughout your day by helping to reduce tiredness and fatigue*, and maintain energy levels**. Specially formulated with Vitamin B6 and Chromium, these stimulating packets support your body. 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
- Available in single-serve, ready-to-go packets
- A lemon-lime flavoured caffeine fix from encapsulated caffeine powder
- Vitamin B6 to help keep you alert* and keep your nervous system functioning normally
- Chromium to help balance your metabolism and keep your blood glucose level in check**



Nutrition Facts / Valeurs nutritionnelles / Información nutricional / Nährwertinformation / Ravintotieto / Voedingsinformatie / Innhold per døgndose / Næringsinnhold / Näringsinnehåll

	Per 2.0 g Serving	% NRV* / VNR* / VNR* / NBW* / NRW* / RVN* / RI* / VRW* / NRW*
Isomaltulose / Isomaltulosa / Isomaltuloosi / Isomalt / Isomaltulos / Isomaltulosio	1624 mg	
Caffeine / Caféine / Cafeina / Koffein / Kofeiini / Caféine / Caffeina	124 mg	
Taurine / Taurina / Taurin / taurini / taurina	25 mg	
MCT oil / Huile TCM / Aceite TCM / MKT-Öl / MCT-öljy / MCT-olie / MCT-olje / MCT-olja / Olio MCT	10 mg	
Vitamin B6 / Vitamine B6 / Vitamina B6 / B6-vitamiini / B6-vitamin	1 mg	70%
Chromium / Chrome / Cromo / Chrom / Kromi / Krom / Chroom	25 µg	62%

*NRV = Nutrition reference values / *VNR = valeurs nutritionnelles de référence / *VNR = Valores nutricionales de referencia / *NBW = Nährstoffbezugswerte / *NRW = Ravintoarvot / *RVN = Referanseverdier for næringsstoffer (8400 kJ/2000 kcal) / *RI = referenseudtag for en voksen gennemsnitsperson (8400 kJ/2000 kcal) / *VRW = voedingsreferentiewaarden / *NRW = Näringsreferensvärden (8400 kJ/2000 kcal)

Ingredients: Isomaltulose*, caffeine (contains hydrogenated palm- and coconut oil), natural flavourings, plant extract (contains turmeric root (Curcuma longa L.) and Spirulina platensis), acid (citric acid), taurine, MCT-oil, anti-caking agent (silicon dioxide), pyridoxine hydrochloride, Siberian ginseng root extract (Eleutherococcus senticosus), green tea extract, Matcha green tea powder, chromium picolinate.

*Isomaltulose is a source of glucose and fructose

SUGGESTED USE

For an instant boost, pour a powder packet into your mouth. Use once a day.

Warning: Do not exceed the recommended daily dose. Keep out of reach of young children. Food supplements are not substitutes for a varied and balanced diet and a healthy lifestyle. **Contains caffeine.** Not recommended for children or pregnant women. Store in a cool and dry place. Do not use if seal is broken or missing.



Do not exceed the recommended daily dose. Keep out of reach of young children. Food supplements are not a substitute for a varied and balanced diet and a healthy lifestyle. Not recommended for children, adolescents, pregnant or breastfeeding women. Contains caffeine. As It Works! Keto Coffee, Thermofight X and It Works! Energy contain caffeine, we recommend that you do not take these three products at the exact same time.

*Vitamin B6 contributes to the reduction of tiredness and fatigue

**Chromium contributes to normal macronutrient metabolism

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FREQUENTLY ASKED QUESTIONS

How is It Works! Energy different to It Works! Keto Energy?

It Works! Energy has a slightly different name and an exciting new packaging design to match our updated brand identity. But not to worry, the much-loved formula is staying the same—with the same great taste and same great efficacy! Despite the name change, It Works! Energy is still keto-friendly; however, it's also suitable for those not on the keto diet.

When and how do I use It Works! Energy?

It Works! Energy is an ideal energising* companion to use throughout your busy day. The convenient packaging means it's easy to consume anywhere—simply rip open and pour the powder directly onto your tongue! The lemon-lime-flavoured caffeine powder melts on contact for an instant boost of energy* when you need it most.

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

It Works! Energy contains the key ingredients: Encapsulated Caffeine, Vitamin B6, Minerals, and Chromium for added benefit.

How much caffeine does It Works! Energy contain?

It Works! Energy contains 124 mg of encapsulated caffeine per packet. This is about the same amount of caffeine found in a 300 ml mug of regular brewed coffee. Because this is an instant caffeine kick, we recommend that you don't consume It Works! Energy at the same time as other products with significant amounts of caffeine. It Works! Energy is not recommended for children, adolescents, or pregnant or breastfeeding women.

How much sugar does It Works! Energy contain?

It Works! Energy contains sweetness in the form of 1.6g isomaltulose—a natural-tasting sweet substance that won't cause an insulin spike. For those following the keto diet, it will allow your body to stay in ketosis while using It Works! Energy, however, it fits well into your both your keto and non-keto diet when you need that quick energy* boost.

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 give It Works! Energy to my children?

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

Can I use It Works! Energy if I am pregnant, nursing, or have ongoing medical conditions?

We do not recommend that you use It Works! Energy if you are pregnant or breastfeeding. Please consult your physician prior to using any of our products if have ongoing medical conditions.