

TECHNICAL DATA SHEET



ENERGY FORMULA™

Complete multivitamin–mineral dietary supplement and electrolyte replacement powder mix

Energy Formula™ is a delicious, multi-functional dietary supplement in the form of a powder mix. It's a complete multivitamin/mineral supplement, electrolyte replacement, and also a subtle, yet distinct, energy accelerator. The nutritional content in **Energy Formula™** is derived from vitamins, minerals, amino acids, and botanicals, which all provide key nutrients to support healthy cell function. **Energy Formula™** is non-GMO, gluten free, and vegan. It's naturally sweetened with stevia and licorice root, which provide a low glycemic index rating. Available in new & improved delicious Orange flavor. To your health!

Supplement Facts

Serving size: Approximately 1 scoop (8.5 g)
Servings per container: 30

Amount per serving		%DV
Calories	10	1%
Total Carbohydrates	2.2 g	
Includes 1.5 g Added Sugars		
Vitamin A (as Beta Carotene)	9,000 IU	480 mcg RAE 53%
Vitamin C (as Ascorbic Acid)	500 mg	556%
Vitamin D3 (as Cholecalciferol)	100 IU	2.5 mcg 13%
Vitamin E (Sunflower Source)	25 IU	16.8 mg 112%
Thiamine (as Thiamine Mononitrate)	10 mg	833%
Riboflavin	10 mg	769%
Niacin (as Niacin and Niacinamide)	20 mg NE	125%
Vitamin B6 (as Pyridoxine HCl)	20 mg	1176%
Folic Acid (500 mcg from Calcium Folate and L-5-MTHF, Calcium Salt)	833 mcg DFE	208%
Vitamin B12 (as Methylcobalamin)	500 mcg	20833%
Biotin	50 mcg	167%
Pantothenic Acid (as D-Calcium Pantothenate)	19 mg	380%
Calcium (as Calcium Lactate)	75 mg	6%
Magnesium (as Magnesium Carbonate)	70 mg	17%
Zinc (as Zinc Gluconate)	7.5 mg	68%
Selenium (as L-Selenomethionine)	50 mcg	91%
Manganese (as Manganese Citrate)	2 mg	87%
Chromium (as Chromium Nicotinate Glycinate Chelate)	400 mcg	1143%
Molybdenum (as Molybdenum Glycinate Chelate)	24 mcg	53%
Sodium (as Sodium Bicarbonate)	125 mg	5%
Potassium (as Potassium Bicarbonate)	250 mg	5%

Energy Formula Proprietary Blend: 414 mg *
DMG (Dimethylglycine), Green Tea Extract (leaf), Guarana Extract (seed), L-Glutamine, L-Theanine, Rhodiola Extract (root), Taurine, Alpha Lipoic Acid, CoQ10, Panax Ginseng (root), Licorice (root), Trace Mineral Complex, Inositol, Boron (as Boron Citrate).

* Daily Value not established.

Other Ingredients: Citric Acid, Fructose, Natural Orange Flavor, Guar Gum, Stevia Extract (leaf), Silicon Dioxide, Annatto

Contains approximately 15 mg of caffeine per serving.

Suggested Use: Mix 1 scoop with approximately 8 ounces of water, or more, to taste.

INGREDIENTS:

Beta-Carotene

A safe and effective precursor to Vitamin A. It promotes a healthy immune system, supports visual acuity, has soothing properties, and is a potent antioxidant.

B Complex Vitamins

Essential for proper function of the nervous system, energy production and optimal metabolism of glucose. B vitamins maintain the conversion of carbohydrates into energy, and the metabolism of fats and proteins.

B1 (Thiamine), B2 (Riboflavin), and B3 (Niacin)

Supports adenosine triphosphate (ATP) production and tissue respiration (1). B3 (Niacin) may support vasodilation (increased blood flow) and promote glucose metabolism.

B5 (Pantothenic Acid)

A precursor of coenzyme A, which is used in the acetylation reactions of gluconeogenesis and in the release of energy from carbohydrates (2).

B6 (Pyridoxine)

Supports amino acid metabolism and is involved in carbohydrate and lipid metabolism (3).

B12 (Methylcobalamin), Folic Acid, and Biotin

Aid in the utilization of iron for optimal oxygenation of tissues (4). Folic Acid helps maintain healthy DNA and replication (5). Combined with B12 and vitamin C, it supports the breakdown and utilization of proteins. Biotin promotes the metabolism of carbohydrates, proteins, and fats.

Vitamin C (Ascorbic Acid)

A powerful antioxidant that supports the body when free radicals are present (6). Vitamin C supports healthy tissue regeneration.

Vitamin D

A fat-soluble vitamin that supports calcium absorption, bone health, and healthy immune system function.

Vitamin E

A fat-soluble vitamin; the natural d-alpha active form is used. It is a potent antioxidant and free radical scavenger (7). Vitamin E promotes cellular respiration of muscles, especially cardiac and skeletal muscles.

Zinc and Manganese

Are classified as micro minerals and provide key cofactors for completing critical biological reactions within the cells throughout all systems of the body.

Replaces all previous versions: 4.9.24

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.

Potassium, Sodium, Calcium and Magnesium

Are utilized as electrolytes that dissociate into ions when in solution and become capable of conducting electric charges that maintain proper cell function, integrity, and health. Calcium, magnesium and potassium are considered macro minerals. Calcium is the most abundant mineral in the human body. Calcium and magnesium play a vital role in bone formation, nerve function and muscle contraction (8).

Chromium

Is an essential trace element that helps maintain normal blood sugar levels. Athletes may benefit from chromium supplementation since strenuous exercise can increase urinary excretion of chromium (9).

Selenium

Is a metallic substance that inhibits the oxidation of lipids (fats). It is a vital antioxidant, especially when combined with Vitamin E.

Molybdenum

Is an essential mineral that is required in extremely small amounts for nitrogen metabolism.

Alpha-Lipoic Acid

Is both water and fat-soluble and can scavenge free radicals both intra- and extra- cellularly. It is involved in carbohydrate metabolism and production of adenosine triphosphate (ATP) (10).

Coenzyme Q-10

Is found in virtually every cell, and is an important nutrient for optimal energy production. As a coenzyme it supports metabolic reactions, such as transforming simple food groups into ATP.

DMG (Dimethylglycine)

Allows the heme group of the red blood cell (RBC) to be more efficient in utilizing available oxygen. DMG has also been shown to address lactic acid build-up and support cellular respiration.

L-Glutamine

Is the most abundant amino acid in the body. Glutamine helps maintain healthy intestinal function, immune response, and amino acid homeostasis (11).

L-Taurine

Is a conditionally essential amino sulfonic acid that supports the regulation of heart contractions. Taurine helps facilitate the passage of sodium and potassium ions into and out of cells.

L-Theanine

Is the major amino acid found in green tea promotes a focused and calm state by supporting alpha wave production (12). Theanine helps maintain moderated effects of caffeine on the central nervous system.

Panax Ginseng

Is used as an "adaptogen" to support resistance to potentially detrimental environmental factors and as a general tonic for promoting feelings of well-being. It's also used to maintain healthy immune function and promote physical and athletic stamina, cognitive function, concentration, memory, and work efficiency.

Guarana

Is the national beverage of Brazil. It contains a fat-soluble compound guaranine that is closely related to caffeine. Fat-soluble guaranine provides an energy boost without the speedy edge that is often the case with the water-soluble caffeine contained in coffee, which is absorbed into the body more rapidly.

Green Tea Extract

Contains catechins, a class of powerful antioxidant compounds known as polyphenols. Green tea increases mental acuity without agitation, has a mood supporting effect, and provides stimulation and energy. Catechins derived from green tea are a laboratory standard for Cox-1 inhibition. For supporting athletic performance, caffeine has been shown to affect perceived levels of exertion, which enables the athlete to feel more energized and exhibit enhanced performance (13).

Licorice Root

Has soothing properties. Panax ginseng appears to compliment licorice by affecting serum cortisol concentrations (14).

Rhodiola Rosea

Contains the active constituents rosavins and the phenylpropanoid glycoside called salidroside. Rosavins are thought to be responsible for rhodiola's stimulatory and adaptogenic actions that support feelings of ease (15). Rhodiola has a calming effect on the central nervous system and supports healthy thyroid, thymus, and adrenal gland function. Rhodiola is effective for supporting positive mood. Russian research shows that it promotes physical and mental performance, supports stamina, and a sense of well-being at high altitudes.

Patients: Consult with your healthcare professional for the proper use of this formula.

For more information about this and other Condition Specific Formulas® please visit our website at:

mountainpeaknutritionals.com
email us: support@mntnpeaknutrition.com



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