

# Energize Plus™ Pure Pack 30 packets

Comprehensive daily packet providing energy cofactors, core nutrients, fish oil, L-carnitine and CoQ<sub>10</sub><sup>†</sup>

## INDICATIONS

- Ages 18 and up
- Support for mitochondrial energy production and nutrient metabolism<sup>†</sup>
- Healthy weight management support<sup>††</sup>

## BENEFITS

- Promotes energy production<sup>†</sup>
- Supports nutrient metabolism and weight management<sup>††</sup>
- Helps counter the effects of stress on healthy nutritional status<sup>†</sup>

## FEATURES

- Enhances energy production in the mitochondria<sup>†</sup>
- Promotes nutrient metabolism<sup>†</sup>
- Convenient, once-daily packet

## VERIFIABLE SCIENCE

Energize Plus Pure Pack is designed to promote nutrient metabolism and healthy weight management<sup>†</sup>, and enhance energy production in the mitochondria with a comprehensive profile of bioavailable vitamins, chelated minerals, fish oil, and other ingredients. B vitamins, CoQ<sub>10</sub> and magnesium act as cofactors in the energy production pathway.<sup>1,2,3</sup> L-Carnitine shuttles fatty acids into the mitochondria for oxidation and conversion into energy.<sup>4</sup> Omega-3-fatty acids support healthy gene expression to enhance glucose and lipid homeostasis.<sup>5</sup> Vitamin D promotes healthy nutrient metabolism.<sup>6</sup> Magnesium and B vitamins also help to maintain a healthy response to stress.<sup>7†</sup>

## SUGGESTED USE

As a dietary supplement, take 1 packet daily (7 capsules), with a meal.

## STORAGE

Store in a cool, dry place.

## WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

## NOTES

Count 30 packets

Order code EPPB3

Each packet contains:

Multi t/d: 1 vegetarian capsule

EPA/DHA essentials: 2 softgel capsules

Vitamin D<sub>3</sub>: 1 vegetarian capsule

L-Carnitine: 1 vegetarian capsule

Magnesium (glycinate): 1 vegetarian capsule

CoQ<sub>10</sub>: 1 vegetarian capsule

## REFERENCES

1. van der Beek EJ, et al. *J Am Coll Nutr.* 1994 Dec;13(6):629-40.
2. Zheng A, et al. *J Nutr Sci Vitaminol.* 2008;54(4): 286-90.
3. Setaro L, et al. *J Sports Sci.* 2014;32(5):438-45.
4. Huertas R, et al. *Biochem Biophys Res Commun.* 1992;Oct 15;188(1):102-7.
5. Hill AM, et al. *Am J Clin Nutr.* 2007 May;85(5):1267-74.
6. Nagpal J, et al. *Diabet Med.* 2009 Jan;26(1):19-27.
7. Stough C, et al. *Hum Psychopharmacol.* 2011 Oct;26(7):470-6.

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## SUPPLEMENT FACTS

**1 packet daily (7 capsules), with a meal.**

**Seven capsules contain:**

Calories	20
Total fat	2 g
Cholesterol	< 5 mg
Vitamin A (as beta carotene)	675 mcg
Vitamin C (as ascorbic acid)	250 mg
Vitamin D (as cholecalciferol) (D <sub>3</sub> )	37.5 mcg (1,500 IU)
Vitamin E (as d-alpha tocopherol succinate and mixed tocopherols)	34 mg
Thiamin (as thiamin HCl) (B <sub>1</sub> )	25 mg
Riboflavin (as vitamin B <sub>2</sub> and 28% as riboflavin 5' phosphate (activated B <sub>2</sub> ))	17.35 mg
Niacin (as niacin and 67% niacinamide)	37.5 mg
Vitamin B <sub>6</sub> (as pyridoxine HCl and 40% as pyridoxal 5' phosphate (activated B <sub>6</sub> ))	10.4 mg
Folate (as Metafolin <sup>®</sup> , L-5-MTHF)	667 mcg DFE (400 mcg L-5-MTHF)
Vitamin B <sub>12</sub> (as methylcobalamin)	250 mcg
Biotin	400 mcg
Pantothenic acid (as calcium pantothenate) (B <sub>5</sub> )	25 mg
Iodine (as potassium iodide)	100 mcg
Magnesium (as magnesium glycinate)	120 mg
Zinc (as zinc picolinate)	7.5 mg
Selenium (as selenomethionine)	50 mcg
Chromium (as chromium polynicotinate)	100 mcg
Proprietary mixed carotenoid blend (as lutein, lycopene and zeaxanthin)	212 mcg
FloraGLO <sup>®</sup> lutein	3 mg
Zeaxanthin	500 mcg
Coenzyme Q <sub>10</sub>	30 mg
L-Carnitine (free-form) (from L-carnitine-L-tartrate)	340 mg
Fish oil concentrate (anchovies, sardines, mackerel) Providing:	2,000 mg
EPA (eicosapentaenoic acid)	600 mg
DHA (docosahexaenoic acid)	400 mg

Other ingredients: gelatin capsule (gelatin, glycerin, water), vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), ascorbyl palmitate

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Metafolin<sup>®</sup> is a registered trademark of Merck KGaA, Darmstadt, Germany.

Zeaxanthin is sourced from OPTISHARP<sup>®</sup> brand. OPTISHARP<sup>®</sup> is a trademark of DSM.

Kaneka Q10<sup>®</sup> is a U.S. registered trademark of Kaneka Corporation.

<sup>®</sup>FloraGLO is a registered trademark of Kemin Industries, Inc.

**Contains fish (anchovies, sardines, mackerel)**



Energize Plus™ Pure Pack	Quantity	Order Code
	30 packets	EPPB3

<sup>†</sup>Provides weight management support as part of a healthy lifestyle with a reduced calorie diet and regular exercise.

Visit [PureEncapsulationsPro.com](http://PureEncapsulationsPro.com) for more information about our GMO policy.