

SUPPLEMENT FACTS

Serving Size: 1 packet (6 g)

Servings Per Container: 20

AMOUNT PER SERVING	1 packet (6 g)	% DV	2 packets (12 g)	% DV
Calories	20		40	
Total Carbohydrate	5 g	2%†	10 g	4%†
Total Sugars	2 g	**	5 g	**
Includes Added Sugars	2 g	4%†	5 g	10%†
Calcium (as calcium citrate)	5 mg	<1%	10 mg	<1%
Magnesium (as magnesium citrate)	20 mg	5%	40 mg	10%
Sodium (as sodium citrate and sodium chloride)	115 mg	5%	230 mg	10%
Potassium (as potassium citrate)	40 mg	<1%	80 mg	2%
PERFORMANCE BLEND				
Beta-alanine	800 mg	**	1600 mg	**
Quercetin	500 mg	**	1000 mg	**
Caffeine (from green tea and coffee bean extracts)	100 mg	**	200 mg	**

†Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value (DV) not established.

OTHER INGREDIENTS: Organic cane sugar, Citric acid, Stevia leaf extract, Green tea leaf extract, Natural flavors, Silica.

ALLERGEN STATEMENT: This product is manufactured in a plant that also processes milk, soy, egg, fish, crustacean shellfish, tree nut, peanut, sesame, and wheat ingredients.

STORE IN A COOL, DRY PLACE.

DIRECTIONS: Mix 1 packet (6 g) with 8 oz of water until dissolved according to the RECOMMENDED USE below. Drink within 30 minutes before exercise. If sensitive to caffeine or other stimulants, start with 1 packet. Do not exceed 2 packets at one time, not more than twice daily, and at least 4 hours apart.

RECOMMENDED USE:

Body Weight <160 lbs ≥160 lbs

Energize amount 1 packet 2 packets
Water 8 oz 16 oz

WARNING: This product is intended for use by healthy adults over 18 years of age. Do not consume this product if you are pregnant, breastfeeding, or if you are sensitive to Caffeine or Beta-alanine. Consult a healthcare professional prior to use if you have any medical condition or are taking any medication. Some people may also feel a mild tingling from beta-alanine. Limit use of other caffeine-containing products while taking this product, as too much caffeine may cause nervousness, irritability, sleeplessness, and occasionally, rapid heartbeat. Keep out of reach of children.

***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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DISTRIBUTED BY: Beachbody, LLC,
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Lemon flavored

ENERGIZE PRE-WORKOUT

Clinically tested powerful key ingredients and phytonutrients to help:*

Increase energy and endurance

Improve exercise performance

Delay fatigue

Sharpen focus and reaction time

BETA-ALANINE

QUERCETIN

CAFFEINE



VEGAN



SPORT

DIETARY SUPPLEMENT

WHETHER YOU'RE TRAINING TO GET FIT, ADD STRENGTH, OR JUST STAY ON TOP OF YOUR GAME, CLINICALLY TESTED BEACHBODY PERFORMANCE ENERGIZE CAN HELP BOOST YOUR FOCUS AND PERFORMANCE.

The patented formula delivers effective levels of key ingredients including: the phytonutrient quercetin for endurance; beta-alanine which helps increase carnosine levels to buffer muscle acid buildup; and a low dose of caffeine to enhance your energy level.*

NO SYNTHETIC COLORS AND NO ARTIFICIAL FLAVORS, SWEETENERS, OR PRESERVATIVES.

Informed Sport certifies each batch of this product was tested for banned substances and also ensures high quality manufacturing standards.

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20-0.21 OZ (6 g) PACKETS
NET WT 4.2 OZ (120 g)