

Quercetin May Settle. Shake Well.

Refrigerate after opening - consume within 1 month.

Recommended Intake: For best results, drink 2-3 servings per day. One in the morning, one in the afternoon and whenever you need extra energy. Athletes drink 30 minutes before exercise.

Serving Instructions: Add 2 oz of concentrate to 6 oz chilled water to make an 8 oz serving.



Contains 10% Fruit Juice

Supplement Facts

Serving Size 2 fl oz (makes 8 fl oz when mixed)
Servings per container 16

Amount Per Serving	% Daily Value
Calories 15	
Total Carbohydrate 5g	2%**
Dietary Fiber 2g	8%**
Sugars 3g	3*
Vitamin C 120mg	200%
Vitamin E 30IU	100%
Thiamin 1.5mg	100%
Riboflavin 1.7mg	100%
Niacin 20mg	100%
Vitamin B6 2mg	100%
Vitamin B12 6mcg	100%
Quercetin 250mg	1
Catechins 65mg	1

** Percent Daily Values based on a 2,000 cal. diet.
1 Daily Values not established

INGREDIENTS: Water, White Grape Juice Concentrate, Inulin, Orange Juice Concentrate, Citric Acid, Natural Orange Flavor, Quercetin (QU995™), Ascorbic Acid, Locust Bean Gum, Gum Arabic, Alpha Tocopheryl Acetate (Vitamin E), Green Tea Leaf Extract, Sucralose (non-nutritive sweetener), Caffeine, Nicotinamide (B3), Natural Lemon Flavor, Cyanocobalamin (B12), Beta Carotene (for color), Pyridoxine Hydrochloride (B6), Thiamine Hydrochloride (B1), Riboflavin (B2).

Each 2 oz of concentrate contains 35mg of caffeine (equivalent to approximately 1/3 cup of coffee). Caffeine is used as a metabolic enhancer to help the body absorb other key nutrients in the FRS formula.

Distributed by:
The FRS Company
101 Lincoln Centre Dr.
Foster City, CA 94404

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liquid concentrate 16 servings

low cal 15 calories 5g carbs
orange

FRS
healthy energy®



Fueled by Quercetin™
a powerful antioxidant

32 FL OZ (1 QT) 947 mL Dietary Supplement

low cal orange

FRS
healthy energy®

The advantage FRS Healthy Energy has over other energy drinks is simple. FRS is fueled by Quercetin, a powerful antioxidant that activates the body's energy-producing mechanisms — so you can stay at your best longer.

Quercetin is found in foods like blueberries, apples and grapes. It works by naturally triggering the body's ability to produce more real energy. The more energy your body creates, the longer you're able to push. And the longer you can push, the farther you'll go from a minor workout to a major marathon.*

Comparison of flavonoid antioxidants per serving:

FRS Healthy Energy	315mg
Blueberries	120mg
Raspberries	40mg
Apples	20mg

Source: Flavonoid content of fruits from USDA Flavonoid Database using 1/2 cup serving size and 140g weight for apples. Flavonoid composition varies among products compared.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Twenty two cents of every case of FRS concentrate sold goes to:

LIVESTRONG
LANCE ARMSTRONG FOUNDATION

FRS.com