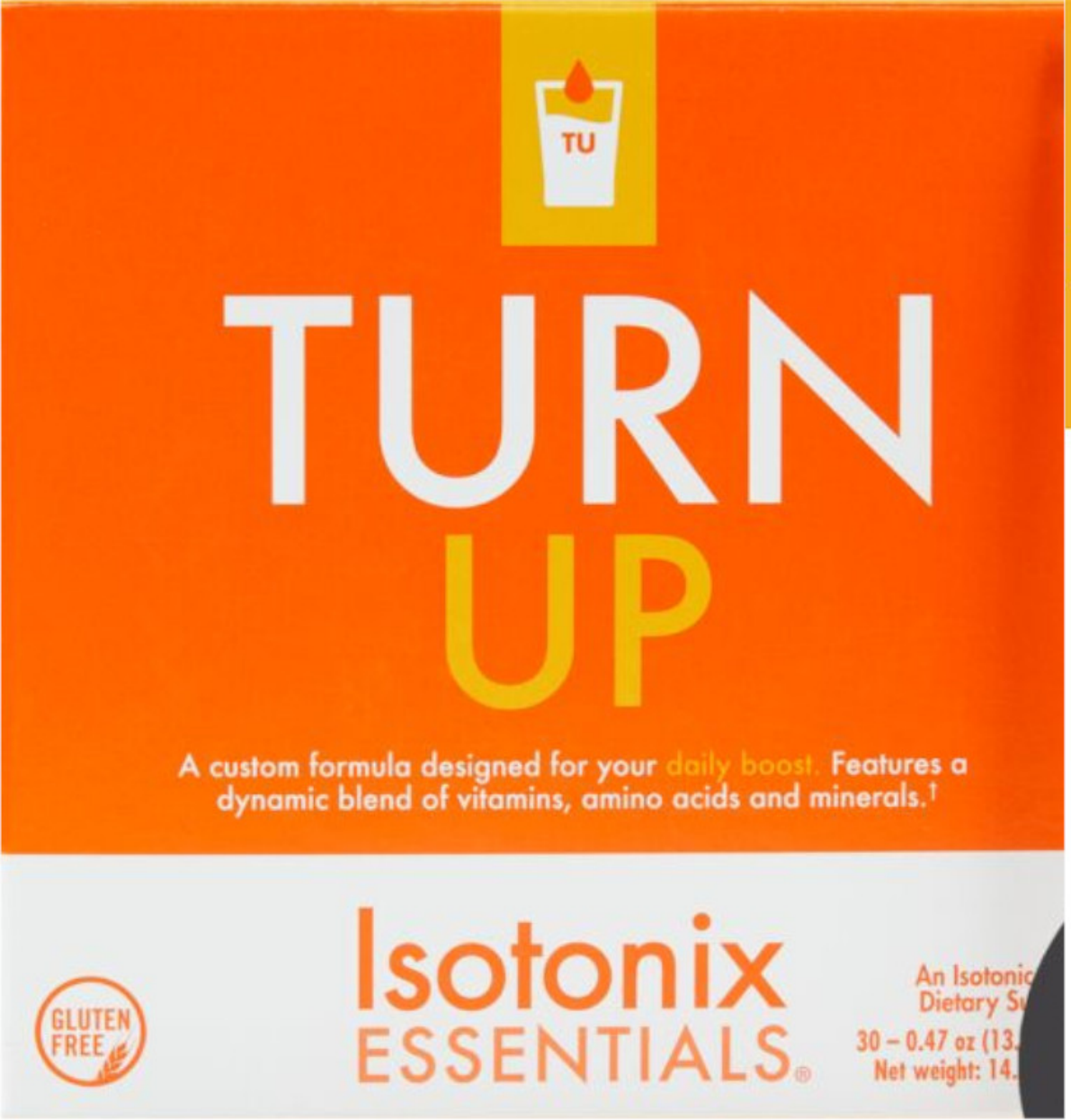

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DIRECTIONS FOR USE

Do you need more energy?
Find yourself in an afternoon slump?

Sounds like you need Turn Up! Keep your energy levels high and give your brain the boost it craves. Isotonix Essentials Turn Up is a custom formula designed for anyone who needs a daily boost! Our Turn Up formula increases energy, helps improve mental acuity and promotes cognitive health.†

1 Pour contents of packet into a cup.

2 Add 8 fl oz of water into the cup and stir.

As a dietary supplement, take once daily or as directed by your healthcare provider. Maximum absorption occurs when taken on an empty stomach. This product is isotonic only if the specified amounts of water and powder are used. This product contains no added wheat, soy, yeast, gluten, artificial flavor, salt, preservatives or milk.

WARNING: Magnesium should be used cautiously in individuals with reduced kidney function due to an increased risk of hypermagnesemia. If you are currently taking monoamine oxidase inhibitors (MAOI) or angiotensin converting enzyme (ACE) inhibitors, you should not use this product. If you have phenylketonuria (PKU), high blood pressure, thyroid disease/Graves' disease, schizophrenia or bipolar disorder, you should not use this product. If you are currently using any prescription medication, have an ongoing medical condition or are pregnant or breastfeeding, you should consult your healthcare provider before using this product. Discontinue use and consult your healthcare provider if you experience diarrhea, abdominal cramping or discomfort.

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry, place. Do not use if packet has been opened.

Isotonix ESSENTIALS®

ENERGY FOCUS & CLARITY†

Supplement Facts

Serving Size: 13.3 g
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Calories	25	
Total Carbohydrate	6 g	2%*
Total Sugars	6 g	**
Includes 4 g Added Sugars		8%*
Vitamin C (Ascorbic acid)	100 mg	111%
Riboflavin (Vitamin B2)	3.3 mg	254%
Niacin (as Niacinamide)	15 mg NE	94%
Vitamin B6 (Pyridoxine HCl)	4.1 mg	41%
Folic Acid	30 mcg DFE	7.5%
Vitamin B12 (Cyanocobalamin)	3.6 mcg	120%
Pantothenic Acid (d-Calcium Pantothenate)	4 mg	80%
Magnesium (Citrate, Glycinate)	200 mg	48%
Zinc (Gluconate)	1.3 mg	12%
Copper (Gluconate)	166 mcg	18%
Chromium (Arginate, Picolinate)	215 mcg	614%
Sodium	75 mg	3%
Potassium (Bicarbonate)	335 mg	7%

	Amount Per Serving	% Daily Value
Acai Fruit Juice	300 mg	**
L-Phenylalanine	200 mg	**
L-Taurine	125 mg	**
L-Tyrosine	100 mg	**
Guarana Seed Extract#	160 mg	**
Mangosteen	100 mg	**
Glycine	100 mg	**
Coenzyme Q10	60 mg	**
Pomegranate Extract (40% Ellagic Acid)	50 mg	**
Yerba Maté Extract	45 mg	**
Green Tea Extract	25 mg	**
Carnitine (Tartrate)	20 mg	**
Lipase	5 mg	**
Boron (Citrate)	2 mg	**

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.

Other Ingredients: Fructose, citric acid, malic acid, grape fruit powder, orange juice powder, silicon dioxide, raspberry flavor, rebaudioside A (stevia leaf), white grape flavor, orange flavor, beet root powder, grape flavor, raspberry fruit, Lo Han (fruit) extract, apple fiber, black cherry flavor, grape skin extract, passion fruit flavor, maltodextrin, glucose, calcium sulfate, stearic acid, lemon flavor and lime flavor.

Herbal sources of caffeine (24 mg/serving)

†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.

Manufactured for: Market America, Inc. 1302 Pleasant Ridge Road, Greensboro, NC 27409, USA