

After a long day of yard work or a tough workout at the gym,
Innergize is my go-to for energy and hydration! – Chris E.

restore & replenish

Innergize!® is a refreshing electrolyte-replacement drink that can help you feel restored and replenished after a workout.*

- Precise blend of vitamins, minerals and carbohydrates help prevent dehydration and restore energy*
- Balanced electrolytes to replenish cellular hydration*
- Amino acids to release energy and preserve lean muscle*
- Antioxidants protect cells from exercise-induced oxidative stress*

directions

Add 1 scoop of Innergize! per 8 oz. water and mix until dissolved.

Our Targeted Solutions are designed to work with any of our daily Core Nutrition shakes to help you thrive. Visit reliv.com/core-nutrition. This product is approved for use with the Fit3™ program.

For more information or to order, call 800 RELIV US (735.4887).

*** 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.**

This product was manufactured in a facility that also uses soy, fish (anchovy, sardine) and milk which may result in the presence of the allergen in this product.



K



energy

electrolyte drink mix
natural lemon flavor

NET WT. 20.11 OZ (1LB. 4.11 OZ)

innergize!®

Nutrition Facts

30 Servings Per Container

Serving Size

1 Scoop (19g)

Amount per serving

Calories

70

% Daily Value

Total Fat 0g 0%

Sodium 55mg 2%

Total Carbohydrate 18g 7%

Total Sugars 14g

Includes 13g Added Sugars 26%

Protein 0g

Calcium 110mg 8%

Potassium 70mg 2%

Vitamin C 70mg 80%

Magnesium 50mg 10%

Zinc 4 mg 35%

Chromium 50 mcg 140%

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D and iron.

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Other Ingredients: Fructose, Maltodextrin, Citric Acid, Tricalcium Phosphate, Natural Flavor, Potassium Citrate, Sodium Chloride, Magnesium Oxide, Ascorbic Acid, Sunflower Oil, L-Glutamine, Beta Carotene, OptiZinc® brand of Zinc Monomethionine, L-Carnitine and ChromeMate® Brand of Niacin Bound Chromium Polynicotinate.

ChromeMate® brand of niacin-bound chromium and OptiZinc® brand of zinc monomethionine are registered trademarks of InterHealth N.I.

CHROMEMATE®

OptiZinc®

Manufactured for and distributed by Reliv International, Inc., Chesterfield, MO 63005.
1-800-735-4887



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