

MONAT

**ENERGY**  
Boost for Body + Mind\*  
**Net Wt. 0.14 oz. (4 g)**  
**DIETARY SUPPLEMENT**



## Supplement Facts - Pineapple

**SERVING SIZE:** 1 Tear and Go Packet (4 grams)

**SERVING PER CONTAINER:** 1

**DIRECTIONS:** As a dietary supplement, mix with 8-10 oz of water and enjoy.

**WARNING:** If you are pregnant, breast feeding on medication or have a known medical condition, consult a qualified professional before taking this product.

KEEP OUT OF THE REACH OF CHILDREN.

STORE IN A COOL DRY PLACE. STORE AWAY FROM HEAT AND MOISTURE.

TAMPER EVIDENT: DO NOT USE IF SEAL IS BROKEN OR DAMAGED.

	Amount per Serving	% Daily Value
Calories	0	
Total Fat	0 g	0%
Total Carbohydrate	1 g	<1%
Dietary Fiber	2.5 g	0%
Total Sugars	0 g	†
Includes 0 g Added Sugars	0 g	0%
Vitamin B6 (as Pyridoxine HCl)	12 mg	706%
Vitamin B12 (as Methylcobalamin)	100 mcg	4167%
L-Citrulline	265 mgg	†
Guarana Extract (providing 44 mg of Caffeine)	200 mg	†
Green Tea Leaves Extract (providing 66 mg Caffeine)	68 mg	†
Alpha GPC (alpha-glycerol phosphorylcholine) 50%	5 mg	
Green Coffee (Bean) Extract 10:1	2 mg	†
<b>Apoptogenic Blend</b>	<b>6 mg</b>	<b>†</b>
Siberian Ginseng (Eleutherococcus senticosus) (root) Extract Powder 0.8% Eleutherosides, Ashwagandha (Withania Somnifera) (Root) Extract 5% Withanolides, Rhodiola Rosea (Root) Extract 5% Rosavins		

\* Percent Daily Value (DV) established on a 2,000 calorie diet.

† Percent Daily Value (DV) not established.

**OTHER INGREDIENTS:** Inulin, Citric Acid, Natural Flavors, Beet Root Powder (Natural Color), Stevia Extract (Natural Sweetener), Monk Fruit Extract (Natural Sweetener), & Silicon Dioxide.

Net Caffeine per serving 110 mg