

Since when did fitness and nutrition become so difficult? We at IRON-TEK® have gone back to the basics and crafted a system of workout supplements to help - whether you're getting fit to look good, or getting fit to get fit. Hard work. Quality nutrition. It's that simple.

Lot No:

Best by:

01A17NN



Contents packaged by weight not volume. Some settling may occur. See container for "Lot No." and "Best by" date.

Get #IronTekFit.

iron-tek.com

IRON-TEK® Beet Energizer, when mixed with water, is a drink made for pre-workout. With ingredients that come from nature, this alternative sports drink gives you the energy and endurance to help you perform your best.†

- Made from food-based ingredients like Beet, CoffeeBerry®, Guayusa and Coconut
- Includes betalains and nitrates from Beet Juice and Beet Powder
- 90 mg of naturally occurring caffeine = cup of joe

Including 6 essential electrolytes, it will help minimize the loss of electrolyte minerals that your body needs.† As a matter of fact, potassium, magnesium, calcium and sodium play essential roles in muscle contractions.†

Delicious and refreshing. With no added sugar. Consider other IRON-TEK® supplements for everyday and post-workout.

† 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.



beet ENERGIZER

FOOD BLEND OF BEET, COFFEEBERRY®, GUAYUSA, COCONUT WATER, WITH ELECTROLYTES



WATERMELON FLAVOR

90 milligrams Caffeine

Non-GMO

Supports energy, endurance and hydration†

FITS INTO YOUR REGIMEN:

☒ Pre-Workout
☐ Post-Workout
☐ Everyday



DIETARY SUPPLEMENT
NET WT. 3.6 OZ.
(102.6 g)

DIRECTIONS FOR USE: Adults, mix one (1) scoop (3.4 g) with one (1) cup (8 fl. oz./237 mL) of cold water or your favorite beverage once daily before your workout. Pregnant or nursing women, do not exceed one serving daily. As a reminder, discuss the supplements and medications that you take with your health care provider.

Supplement Facts

Serving Size One (1) scoop (3.4 g) Servings Per Container About 30	
Amount Per Serving	% Daily Value
Calories	10
Total Carbohydrate	2 g <1%*
Sugars	1 g **
Thiamin (vitamin B1) (as thiamine hydrochloride)	0.27 mg 18%
Riboflavin (vitamin B2)	0.30 mg 18%
Niacin (as niacinamide)	3.6 mg 18%
Vitamin B6 (as pyridoxine hydrochloride)	0.36 mg 18%
Folate (as folic acid)	72 mcg 18%
Vitamin B12 (as methylcobalamin, cyanocobalamin)	111 mcg 1,850%
Biotin (as d-biotin)	54 mcg 18%
Pantothenic Acid (as calcium d-pantothenate)	1.8 mg 18%
Calcium (as calcium citrate, calcium d-pantothenate)	18 mg 2%
Phosphorus (as monopotassium phosphate)	49 mg 6%
Magnesium (as magnesium gluconate)	7 mg 2%
Chloride (as sodium chloride, pyridoxine hydrochloride, thiamine hydrochloride)	61 mg 2%
Sodium (as sodium chloride, sodium citrate)	45 mg 2%
Potassium (from coconut water concentrate, monopotassium phosphate)	130 mg 4%
Energizing Blend (Non-GMO)	2,367 mg (0.367 g) **
Coconut Water Concentrate A	
Beet Complex (Beet Root Powder, Beet Juice Concentrate (root))	
CoffeeBerry® Organic Coffee (fruit) Extract (Providing 50 mg of caffeine)	
Guayusa Extract (from guayusa leaf)	
Non-GMO Maltodextrin	

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

** Daily Value not established.

Other Ingredients: Natural whey protein isolate, low fat fruit extract, silica. Contains tree nuts (coconut). A naturally occurring sugar. **CAUTION:** While taking this product, limit other sources of caffeine because too much caffeine may cause side effects. If you are pregnant or nursing, have a medical condition, are taking medication or planning a surgery, consult your doctor before using this product. If any adverse reactions occur, stop taking the product and consult your doctor. **Do not accept if seal is broken.** Store in a dry place between 59°-86° F. Keep out of the reach of children. This product has been manufactured at a GMP Registered facility. CoffeeBerry® brand coffee fruit products are produced by U.S. and foreign farmers and pending applications. CoffeeBerry® is a registered trademark of VDF FruitCultivators, Inc. used under license.

JUST THE FACTS:

YES	CONTAINS GLUTEN-FREE BY CHOICE	NO	YEAST, WHEAT, SOY OR MILK
YES	CONTAINS VEGAN BY THE WAY	NO	PRESERVATIVES
YES	VEGETARIAN FRIENDLY	NO	ARTIFICIAL COLORS, FLAVORS, OR SWEETENERS
YES	MANUFACTURING, SUPPLYING, AND PACKAGING	NO	MADE WITH STEARATE
YES	NON-GMO	NO	GMO

© 2017 Country Life®
Manufactured by Country Life, LLC (Iron-Tek®)
150 Venable Moor Parkway, Haverhill, MA 01830 (USA)
CountryLifeVitamins.com • Product No. 14510