How To Make Your Innergize Drink:

1. Mix with cold water or any juice drink using a glass or shaker cup.
2. Close the lid tightly and shake it up or stir until the powder has dissolved.
3. Best taken twice a day, one shake in the morning and another in the afternoon or evening. May be taken in combination with other Reliv products.

While Innergize! is an excellent fluid replacement drink, it is also a great tasting nutritional drink for use during normal and low activity periods. Innergize may also be combined with other Reliv products for added nutritional benefits.

Innergize!® Orange & Lemon Consumer Information Panel

<table>
<thead>
<tr>
<th>Serving Size: 1 Scoop (19g)</th>
<th>Servings per Can</th>
<th>28</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>per serving</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Energy</td>
<td>70 kcal</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>0 g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>50 mg</td>
<td></td>
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<tr>
<td>Potassium</td>
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<tr>
<td>Total Carbohydrates</td>
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<tr>
<td>Dietary Fibre</td>
<td>0 g</td>
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</tr>
<tr>
<td>Sugars</td>
<td>14 g</td>
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<tr>
<td>Protein</td>
<td>0 g</td>
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<tr>
<td>Vitamin A</td>
<td>300 IU (100% as beta carotene)</td>
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</tr>
<tr>
<td>Vitamin C</td>
<td>60 mg</td>
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<tr>
<td>Calcium</td>
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</tr>
<tr>
<td>Iron</td>
<td>2 mg</td>
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<tr>
<td>Niacin</td>
<td>4 mg</td>
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<tr>
<td>Magnesium</td>
<td>40 mg</td>
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</tr>
<tr>
<td>Zinc</td>
<td>4 mg</td>
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</tbody>
</table>

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

Contains permitted food conditioner and flavors.

Innergize!® is a product of Reliv International, Inc.
P.O. Box 405, Chesterfield, MO63006-0405
Made in U.S.A.

Distributed By:
RELIV INTERNATIONAL SDN BHD
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relivasiapacific@reliv.com.sg (SG)
Drinking an ample amount of water every day is one way to keep your body hydrated and lead a healthy lifestyle. But you must know that your daily water requirement depends on several factors and that includes the kind of physical activity you engage in. The more you exercise, the more water you’ll need to stay hydrated. Athletes need to consume 3 to 10 liters per day, depending on the intensity of their workout or training, weather and the amount of sweat they normally produce.

**ChromeMate®:** plays a vital role in energy production, muscle development and metabolism.

**OptiZinc®:** helps repair muscle damage and speed recovery after workouts while strengthening the immune system.

**L-Carnitine & L-Glutamine:** help burn fat, promote lean muscle development and transport fatty acids to release more energy.

**Potassium & Sodium:** support muscle exertion without cramping and perspiration without salt depletion.

Studies show the ingredients ChromeMate and OptiZinc in Innergize! are more readily absorbed and retained compared to other chromium and zinc supplements.

**Healthy Hydration**

Innergize! is fortified with advanced ingredients that let it stand out in a crowd of sport beverages.

**More than your ordinary isotonic drink!**

With Innergize! your body is hydrated the healthy way and lost electrolytes are replaced fast so you stay focused and energized for the entire duration of your activity!

**Hydrate and Power Up!**

Innergize! provides your body with the combination of vitamins, minerals and amino acids it needs to stay in top form. It’s the perfect complement to your active lifestyle. With Innergize!, you can excel — on or off the playing field!

At the gym. Keep yourself running with a bottle of Innergize! on the treadmill to replace electrolytes critical to endurance.

On the playing court. Fill the water cooler with Innergize! to give yourself and your team an extra advantage in winning any ballgame.

In hot weather. Combat dehydration and overheating when you’re out under the sun.

For everyday energy. Enjoy Innergize! daily for a refreshing way to keep you going through work and errands all week long. With two delicious options — orange or lemon — there’s a flavor you’re sure to love!

**Peak Performance**

A four-week study has shown that a daily regimen of Reliv Classic® and Innergize! may help reduce fatigue in patients undergoing radiation therapy.

**Proven Effective**

A sports-aid drink is not enough. Innergize!® contains fructose, which has a much lower glycemic index than sucrose or glucose, making it a better option for those who have blood sugar issues.

- **Contains fructose, which has a much lower glycemic index than sucrose or glucose,** making it a better option for those who have blood sugar issues.
- **Instead of caffeine, it contains vitamins and amino acids that add fuel and power to your body for optimal performance.**
- **Contains a healthy amount of carbohydrates to help maintain energy especially during strenuous activities.**

VS.

- **Contains sucrose syrup or liquefied table sugar that is high in empty calories, low in nutritional value and causes tooth decay.**
- **Contains caffeine, which can act as a diuretic and is more likely to dehydrate than replenish fluids.**
- **Lacks carbohydrates to help with exercise endurance or loaded with carbohydrates that may cause gas, bloating, and cramps.**

- **Innergize!®**

- **Sports-aid Drinks**

Isn’t water enough?

During long bouts of exercise it’s best to use a sodium-based sports drink to help replace sodium lost in sweat and reduce the risks of developing hyponatremia or low blood sodium. This electrolyte abnormality can cause headache, confusion, seizure, weakness and even death.

Patented Innergize!® contains a balanced level of sodium that does not only replace sweat losses but also enhances fluid absorption from the intestines. Sodium also increases blood volume, which leads to better endurance due to improved fluid retention.

- **Innergize!®**

- **Sports-aid Drinks**

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