



Product Overview*

- Smooth energy support – anti-jitter/anti-crash formula
- Non-GMO Project Verified InnoVaTea® Natural Caffeine
- Synergistic ratio of L-theanine to caffeine to support brain function
- 100% daily value of each B-vitamin
- All-natural sweeteners, flavors & colors – with no added sugars
- 3rd party potency tested

Product Summary*

Evolve Energy is an energy support powder specifically designed as a healthy alternative for individuals seeking an added physical and mental boost during the day without the added sugars, artificial flavors, colors and sweeteners present in competitive products on the market today.

Additionally, Evolve Energy was formulated to combat the 'jitters' and 'crash' commonly seen with sodas, coffee and energy drink products.

Evolve Energy accomplishes this through a synergistic blend of GMO Free InnoVaTea® Natural Caffeine, L-theanine, L-tyrosine as well as all 8 of the essential B-vitamins.

Target Market/Population*

A wide range of individuals may use Evolve Energy including those seeking a healthier alternative to sugary and/or higher calorie energy drinks, sodas or coffees.

Suggested Use*

Evolve Wellness recommends mixing 1 serving with 12-16 oz of fluid depending on taste preferences. Start with a ½ serving and increase up to 1 full serving per use; Do not exceed more than 2 servings per day.

Caution For Consumption*

Two servings, the upper limit for Evolve Energy daily intake per day, contains 400 mg of caffeine. This upper limit of daily caffeine intake has been deemed acceptable by the US National Academies of Science (NAS), European Food Safety Agency (EFSA), and Health Canada.¹⁻³

Per serving, Evolve Energy contains 200 mg of caffeine, which is equivalent to ~ 2 ½ cups of coffee. This amount is in agreement with the European Food Safety Agency (EFSA) who, in their 2015 white paper, conclude that when consumed in 1 sitting, up to 200 mg of caffeine does "not give rise to safety concerns for the general healthy adult population".¹

Individuals should consult with a healthcare professional prior to using Evolve Energy; especially if any known pre-existing medical conditions are present.

Suggested Use*

InnoVaTea® Natural Caffeine*

Caffeine is one of the most widely consumed supplements on the market today. Multiple research studies have shown caffeine to enhance various aspects of cognition such as attention, alertness, reaction time

and other aspects of brain function.⁴ Along with its cognitive benefits, caffeine has been shown to increase both endurance and anaerobic performance.^{5,6}

The primary means by which caffeine is believed to exert its cognitive benefits is through temporarily blocking adenosine receptors in the brain.⁷ When stimulated, adenosine receptors promote fatigue and sleepiness. From an exercise and fitness perspective, caffeine's benefits may also be derived from increasing fat utilization as well as improving properties related to muscle contraction (i.e. neuromuscular function).^{8,9}

When it comes to caffeine, Evolve Energy separates itself from the market by choosing to use InnovaTea® Natural caffeine as opposed to synthetic versions. InnovaTea® Natural Caffeine is derived from tea leaves (*Camellia sinensis*) and is Non-GMO Project Verified.

InnovaTea® is a registered trademark of NutriScience Innovations, LLC

L-Theanine*

L-theanine is an amino acid which can naturally be found in tea leaves. In a 2007, Rogers et al. demonstrated that it could attenuate the blood pressure rise normally seen with caffeine consumption.¹⁰ Furthermore, research has demonstrated L-theanine's ability to work synergistically with caffeine, positively influencing speed of numeric working memory, word recognition, simple reaction time and task switching skills vs. consuming either caffeine or theanine alone.^{11,12}

L-theanine's mechanism of action appears to be related to its ability to influence alpha wave production within the brain, which in turn may affect attention and calmness levels.^{13,14}

L-Taurine*

Taurine is a sulfur containing amino acid which influences almost every major organ system in the body through its role as an antioxidant, anti-inflammatory agent and regulator of various cellular properties.^{15, 16} Particular organ systems dependent on taurine for optimal function include the cardiovascular, musculoskeletal, nervous system and ocular systems. Additionally, taurine can serve as a substrate for bile acid production which is necessary for absorption of dietary fat.¹⁷

From a general wellness perspective, taurine supplementation has been shown to support blood pressure and endothelial function, increase walking capacity, improve indices of liver function as well as lipid levels in certain populations.¹⁸⁻²⁰

L-taurine is also of key interest to fitness enthusiasts; research studies have demonstrated its ability to accelerate muscle recovery following a weight training session, positively impact endurance performance and attenuate exercise-induced DNA damage.²¹⁻²³

B-Vitamins*

B-vitamins are essential for everyday life where they serve a multitude of roles in the body including the conversion of dietary food into usable energy, protein metabolism and DNA synthesis. In total, there are eight B-vitamins including thiamine, riboflavin, niacin, pantothenic acid, B6, biotin, folic acid and B12.

Evolve Energy contains folic acid and B12 in their methylated forms - methyltetrahydrofolate and methylcobalmin.

Engaging in regular physical exercise may increase the need for B-vitamins; particularly B-6 and riboflavin.²⁴⁻²⁶

Supplement Facts

Serving Size: 3.2 grams (Approx. 1 scoop)

Servings Per Container: 35

Amount Per Serving		% Daily Value
Calories	5	
Total Carbohydrate	1g	<1%*
Thiamin (Vitamin B1) (as Thiamin HCl)	1.2mg	100%
Riboflavin (Vitamin B2)	1.3mg	100%
Niacin (as Niacinamide)	16mg	100%
Vitamin B6 (as Pyridoxal -5-Phosphate)	1.7mg	100%
Folate (as (L)-5-Methyltetrahydrofolate, Calcium)	400mcg DFE	100%
Vitamin B12 (as Methylcobalamin)	2.4mcg	100%
Biotin	30mcg	100%
Pantothenic Acid (as Calcium-d-Pantothenic Acid)	5mg	100%
Sodium (as Sodium Chloride)	78mg	3%
Taurine	1g	†
L-Theanine	250mg	†
InnovaTea® (Caffeine derived from Fermented Green Tea Leaves)	200mg	†

*Percent Daily Values are based on a 2000 calorie diet
†Daily Value (DV) not established

Other Ingredients: Citric Acid, Natural Flavors, Inulin, Stevia Leaf Extract (Rebaudioside A), Silicon Dioxide, Fruit and Vegetable Juice Powder (color).

Formulated and distributed by Hometown Evolve Wellness
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Resources

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