

Product Overview

- Smooth energy support – Anti-jitter/Anti-Crash formula
- Non-GMO Project Verified InnovaTea® Natural Caffeine
- L-theanine to attenuate blood pressure effects of caffeine
- Precise synergistic ratio of L-theanine to caffeine for enhanced brain function
- 100% daily value of each B-Vitamin
- All-natural sweeteners, flavors & colors – with no added sugars

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, in their most bioavailable form. Please refer to 'The Science' Section for an in-depth review on the ingredients present within Evolve Energy.

Target Market/Population

A wide range of individuals may benefit from consumption of Evolve Energy including those seeking a healthier alternative to the 10am/3pm sugary soda, individuals seeking heightened focus/attention during the workday as well as fitness enthusiast/athletes seeking a quick energy boost prior to engaging in a training session.

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.

General Use

Servings can be taken at any point during the day, but caution is warranted during the late afternoon or evening hours, especially with individuals with disturbed sleep patterns.

Athletic/Fitness Use

Consume 30 to 45 minutes before your exercise or athletic event commences.

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 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 with pre-existing health conditions should be handled on a case by case basis. Caution is warranted for individuals with high anxiety, pre-existing cardiovascular conditions and/or disturbed sleep patterns

The Science

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 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.

L-Theanine

Present in tea leaves, L-theanine is a naturally occurring amino acid which has been shown to 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

As it relates to clinical use, taurine supplementation has been shown to improve blood pressure and endothelial function in pre-hypertensive individuals, increase walking capacity in those with congestive heart failure, and improve liver injury as well as lipid levels in chronic hepatitis patients.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 Along with L-theanine, taurine may help counteract the jitters/crash that some individuals experience with caffeine.

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.

Not all forms of B-vitamins are equivalent. Evolve Energy has chosen to use the most efficacious forms of each, including the methylated version of folate (methyltetrahydrofolate) and vitamin b12 (methylcobalmin).

Having the methylated form of folate is especially important for individuals carrying mutations in MTHFR enzyme which is responsible for metabolizing folate; failure to properly metabolize folate may raise homocysteine harmful levels while producing insufficient amounts of L-methylfolate. Individuals carrying this mutation, which ranges from 6-20% of the population (depending on ancestral background), increases the risk for depression, schizophrenia and potentially coronary artery disease.²⁴⁻²⁶

Engaging in regular physical exercise may increase the need for B-vitamins; particularly B-6 and riboflavin.²⁷⁻²⁹

References

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