

ALL
NATURAL

REVVNRG

Ingredient Guide



RevvNRG is made from the finest ingredients born from the shady depths of South America.

Quick Facts



Energy

Unique formulation

of exotic fruits, vitamins and teas provides you a tremendous boost of energy without the crash while building your body's natural defenses and ability to combat stress.

SuperFoods

8 servings of fruits and vegetables

in every packet are provided by some of the worlds most nutritious Super Foods - Açai, Yerba Mate', Cupuacu, Wild Seaweed.

Anti-Inflammatory

Omega 3 & Omega 6

provide powerful anti inflammatory properties. Medical studies show that these fatty acids can provide the same anti-inflammatory relief as aspirin without the side effects.

High ORAC

1,250 ORAC points per serving

Each serving of RevvNRG provides 75-80 % of the USDA recommended servings of fruits and vegetables per day.

SAVING THE RAINFOREST ONE BOX AT A TIME

A portion of the profit on each box of RevvNRG sold goes to the Flora Vida Foundation to re-plant devastated rainforest land and helps educate children so they are able to secure better jobs in the region.

RevvNRG is a green company! All ingredients are sustainably harvested in an ecologically responsible manner. We use cornstarch packing material and a special paper made from farmed eucalyptus, minimizing environmental impact.



Great for...

- ✿ Work outs
- ✿ Mid-afternoon fatigue
- ✿ Study time
- ✿ Anytime you need a boost
- ✿ Replacing morning coffee
- ✿ Replacing unsafe energy drinks
- ✿ Active lifestyle
- ✿ Travel - it's airplane friendly.

Benefits in minutes....

- ✿ Sustained Energy
- ✿ Improved stamina
- ✿ Sharpened mental clarity
- ✿ Natural fat burning
- ✿ Healthy circulation
- ✿ Mood Enhancement Benefits

Brazilian Açai Berry Juice

The Wine of the Rainforest

Of 278 fruits, vegetables and nuts analyzed by the USDA, dried Açai has the highest reported antioxidant capacity for any food, regardless of moisture content.

Açai has scores of phytochemicals, such as flavonoids, polyphenols, anthocyanins associated with a wide range of health benefits, including favorable responses to bacteria, viruses, carcinogens, free radicals, inflammation, and allergens.

Botanists from several countries have documented the use of Açai as a food for more than two centuries with no significant adverse events associated with its consumption.

Açai based fruit juices containing dried Açai have been shown to inhibit free radical destruction of cells in the body.

Açai can reduce oxidative stress due to naturally occurring processed such as oxygen metabolism and inflammation – the antioxidant compounds in Açai can penetrate human cells and increase antioxidant activity.

Proteins in Açai have considerable inhibitory activity towards human salivary alpha amylase, a marker of stress in human.

Açai contains appreciable amounts of plant fats known as phytosterols, which have been shown to have cholesterol-lowering properties in the human body.

Açai is a good source of soluble and insoluble fiber and is very low in sucrose sugar and sodium content.

☀ Açai has over 50 known antioxidants and ranks at the top of the charts by more than 10 to 1 over the next highest candidates such as cranberries and blueberries.

☀ The superoxide anion free radical scavenging capacity of dried Açai is the highest of any food.

☀ Açai contains all of the essential vitamins, minerals, and trace elements needed to support human health.

☀ Açai contains all of the essential amino acids, and many non-essential amino acids involved in protein synthesis in the human body.



Açai berries contain ten times the antioxidants as the next highest foods (blueberries & cranberries).



As one of the World's most potent superfood, the açai berry provides over 30 times more anthocyanins than red wine and all the beneficial fatty acids o olive oil in one delicious, all-natural package.

Top 5 reasons to add Açai to your diet

- ☀ **Skin Tone: Youthful, healthier looking skin**
- ☀ **Improved circulation: Especially to the extremities**
- ☀ **Healthier Eyes: Better night vision**
- ☀ **Increased energy and vitality**
- ☀ **Resistance to colds/flu and disease**

Grape Seed Extract

Potential anti-disease effects

Human case reports, and results from laboratory and animal studies show that grape seed extract may be useful to treat heart diseases such as high blood pressure and high cholesterol. By limiting lipid oxidation; phenolics in grape seeds may reduce risk of heart disease, such as by inhibiting platelet aggregation and reducing inflammation.

A polyphenol contained in grape seeds is Resveratrol which may interfere with cancer cell growth and proliferation, as well as induce apoptosis, among a variety of potential chemopreventive effects.

Preliminary research shows that grape seed extract may have other possible anti-disease properties, such as in;

- Wound healing—grape seed proanthocyanidins induced vascular endothelial growth factor and accelerated healing of injured skin in mice.
- Tooth decay—seed phenolics may inhibit oral sugar metabolism and retard growth of certain bacteria causing dental caries.
- Osteoporosis—grape seed extracts enhanced bone density and strength in experimental animals.
- Skin cancer—grape seed proanthocyanidins decreased tumor numbers and reduced the Malignancy of papillomas.
- Ultraviolet damage to skin—dietary proanthocyanidins may protect against carcinogenesis and provide plementation for sunscreen protection



Grape seed extracts are industrial derivatives from whole grape seed.

Stevia

Stevia Rebaudiana is an herb in the Chrysanthemum family which grows wild as a small shrub in parts of Paraguay and Brazil. The glycosides in its leaves, including up to 10 percent Stevioside, account for its incredible sweetness. There are indications that Stevia has been used to sweeten a native beverage called mate since pre-Columbian times.

In general, Stevia is an all-natural herbal sweetener with centuries of safe usage by native Indians in Paraguay. It has been thoroughly tested in dozens of tests around the world and found to be completely non-toxic. It has also been consumed safely in massive quantities for the past twenty years.

Stevia can replace sugar in the diet. Refined sugar is virtually devoid of nutritional benefits and, at best, represents empty calories in the diet. The crude Stevia leaves and herbal powder are reported to be 10-15 times sweeter than table sugar. The refined extracts of Stevia called steviosides claim to be 200-300 times sweeter than table sugar.

Stevia can replace artificial sweeteners in the diet. Refined Stevia extracts are considered to be non-caloric. Stevia offers a safe, all-natural, alternative to other, possibly toxic, artificial sweeteners.



Raw herbal Stevia contains nearly one hundred identified phytonutrients and volatile oils.

Galangal Root Extract

Galangal is an East Asian tropical shrub with lance-like leaves, iris-like flowers, and reddish brown, woody rhizomes. Various formulas feature Galangal for treating “rebellious qi,” in which energies that should go down in the body try to come up, as hiccups, belches, burps, and regurgitation.

Galangal root is a bitter used to stimulate the release of gastric juices to

assist digestion. It relieves bloating, constipation, sluggish digestion, and gas.

Although Galangal root helps the intestine process fats, one of the chemicals in the herb, (HPH), has been shown to lower bloodstream cholesterol. Galangal can be used for dyspepsia and loss of appetite, and is also considered to be antispasmodic and antibacterial.



Yerba Mate´

The Drink of the Gods

Yerba Mate comes from the leaves of a small evergreen tree indigenous to the subtropical Atlantic forests in the South American countries of Argentina, Brazil, Chile, Paraguay and Uruguay.

While Yerba Mate’s chemical components share similarities with green tea, the Yerba Mate is more nutritious due to the twenty-four vitamins and minerals, fifteen amino acids, and eleven polyphenols.

Each infusion (an infusion is any plant, bark, flower, berry, herb, or spice steeped in hot water to extract the flavor) of Yerba Mate contains vitamins A, C, E, B1, B2, Niacin (B3), B5, and B complex, minerals, calcium, manganese, iron, selenium, potassium, magnesium, phosphorus and zinc.

Additional natural components include antioxidants, carotene, fatty acids, chlorophyll, flavonols, polyphenols, inositol, saponins, trace minerals, tannins, and pantothenic acid.

Various studies have concluded that there are many health benefits, directly

or indirectly, associated with the drinking Yerba Mate;

- ☀ Mental clarity, alertness and acuity without the negative side effects associated with caffeine and coffee.
- ☀ Sustains Energy levels and reduces fatigue.
- ☀ Boosts the immune system.
- ☀ Alleviates Allergy symptoms.
- ☀ Aids in weight control.
- ☀ Diabetic treatment by inhibiting the formation of advanced glycation end products, AGEs. It is thought that the formation of AGEs play a part in the development of diabetic complications.
- ☀ Inhibits Lipid Peroxidation, aids in lowering the bad cholesterol LDL, which helps to inhibit the onset of atherosclerosis, a thickening and hardening of the arteries.
- ☀ Fights bad breath and aids in oral health.



Powerful antioxidant activity, mateine for non-jangly energy, increased fat burning and weight loss.

Capuacu

The Ultimate Super Fruit

Capuacu may be the next Acai, with nutritionists saying that this amazing rain forest fruit packs a powerful punch of vitamin C and potent antioxidants.

Capuacu fruit has grown in the Amazon rainforest for both native people and animals alike for thousands of years. The brown fruits ripen in the rainy season, are oblong in shape, and are about the size of a melon. The white fruit pulp has a unique fragrance and a creamy-exotic flavor. Capuacu beans can be used as a good substitute for Cocoa because they contain a similar antioxidant profile, but without the caffeine. The botanical name for Capuacu is *Theobroma grandiflorum*.

Health benefits of Capuacu fruit:

Capuacu fruit is rich in antioxidants. Its traditional use is by women who experience difficult births and labor pains. Used as a stimulant, it increased energy and stamina.

Nutrients in Capuacu fruit:

Capuacu fruit is high in vitamin C and polyphenols, including a unique type of polyphenols called theograndins. In South America, Capuacu is used to make ice cream, juice, and various sweets.

Volatile compounds in Capuacu fruit:

Ethyl butyrate, hexanoate, 3-methylbutanal, dimethylsulfide, dimethyldisulfide, bethlinalool and several alkylpyrazines are the major volatile compounds in this Amazonian fruit

Caffeine and theobromine in Capuacu:

The amounts of theobromine and caffeine found in Capuacu seed are much less than those from cacao seed.



Benefits of Capuacu:

- ☀️ Strengthens the body's ability to fight disease and stimulate the immune system.
- ☀️ Lowers cholesterol and protects the cardiovascular system.
- ☀️ Improves the quality of sleep.
- ☀️ Increases daytime energy and stamina.
- ☀️ Promotes a healthy body-fat ratio.
- ☀️ Neutralizes free radicals in the body.
- ☀️ Generates healthier skin and hair.

Cinnamon Twig Extract

Cinnamon has been used for thousands of years as a spice and medicine. It's mentioned in the Bible as an ingredient in the oils used to anoint Moses, and as a token of friendship. Mourners burned cinnamon on funeral pyres in ancient Rome in order to cover up the smell of burning flesh.

In ancient Egypt, cinnamon was used as a medicine and an embalming agent, and at times it was even considered more precious than gold. It was also popular in China, and is mentioned in one of the earliest books on Chinese botanical medicine.

Today cinnamon is widely used in Ayurvedic medicine (traditional Indian medicine) to treat diabetes in India. And recently Richard Anderson and his team at the US Department of Agriculture's Human Nutrition Research Center in Beltsville, Maryland, discovered the scientific evidence that demonstrates how cinnamon serves as an important antioxidant, and is beneficial in the prevention and control of glucose intolerance and diabetes.

Cinnamon contains a water-soluble polyphenol compound called MHCP (methylhydroxy chalcone polymer),

which is partly responsible for its health benefits. In unpublished test tube experiments, researchers found that MHCP mimics insulin, activates its receptor, and works synergistically with insulin in cells.



Cha de Bugre Leaf Extract

The weight control leaf

A new stimulant that works as an appetite suppressant reduces cellulite...and is good for your heart!

Cha de Bugre is a powerful addition to your energy and weight loss brands. Long known in Brazil for its stimulant effects, traditionally brewed and served as tea.

Cha de Bugre is considered a safe, healthy drink with positive benefits for the heart. Its powerful energy, appetite suppression, and ability to help reduce fatty deposits is making Cha de Bugre a premier up-and-coming ingredient.

Cha de Bugre is unlike anything else for energy on the market. In Brazil it is called café do mato, or coffee of the woods for its powerful stimulant effects. Cha de Bugre is a great addition to combination supplements for energy and weight loss.

Recent laboratory analysis finds Cha de Bugre to contain caffeine, potassium, allantoin and allantoic acid and various plant sterols. Allantoic Acid is reported to help reduce body fat in people who are overweight by

reducing fat and preserving muscle tissue. The allantoin and allantoic acid may explain its positive impact on cellulite. But research suggests that it is the combination of the caffeine and plant sterols similar to that of green tea that give Cha de Bugre extract its clean energizing effects without the negative side effects commonly associated with stimulants like common caffeine or ephedra.

Cha de Bugre is definitely an up-and-coming ingredient in the world for new energy and weight loss brands. An all-natural stimulant increasing energy and alertness; Cha de Bugre offers a clean, safe, natural energy without the negative side effects commonly associated with stimulants like caffeine or ephedra. It works as a great appetite suppressant making the body feel satisfied promoting much smaller meals, more often, which is what many practitioners believe, is better for sustained weight loss and keeping the metabolism going throughout the day. And its traditional use as a heart tonic, helping to increase blood circulation in the body can not be ignored.



In Brazil it is called café do mato, or coffee of the woods for its powerful stimulant effects.

Brazilian slimming herb

Boost mental and physical energy

Shrinks cellulite

Reduces fatty deposits

Fucoxanthan Seaweed Extract

S Fucoxanthan is a carotenoid that is found in brown seaweed and provides a unique solution for safely boosting cellular metabolism without side effects. It has been extensively studied for its antioxidant powers, but more recently for its ability to promote weight loss by targeting fat cells.

Fucoxanthan belongs to a special class of carotenoids known as xanthophylls, which are known to stimulate the proteins that cause fat oxidation in the stomach. Additionally, fucoxanthan studies indicate that it stimulates the liver to produce the omega-3 fatty acid, and thus may combat bad cholesterol. Fucoxanthan can only be obtained through diet.



Green Tea Leaf Extract

A What accounts for the health benefits of green tea extract? Over 1,800 scientific studies have found that the active constituents in green tea are powerful antioxidants. There are called polyphenols (catechins) and flavonols. Epigallocatechin gallate (EGCG) is the most powerful of these antioxidants. Milligram for Milligram, EGCG has 25 to 100 times the antioxidant power of vitamins C and E.

These abundant antioxidants power the benefits of green tea extract. They keep DNA intact and they stabilize the membranes of cells. These effects of green tea make it a powerful support in many health conditions.

Green tea has been shown to lower "bad" LDL cholesterol and serum triglyceride levels. Green tea has been shown to be as potent as Lipitor or Zocor or Crestin with none of their side effects. If you have high cholesterol when you begin taking green tea supplements, your body will convert less of it into a form that clogs your arteries.

Green tea protects your joints against osteoarthritis. Green tea prevents inflammation. When there is less inflammation, there is less wear and tear on your joints.

Green tea prevents the growth of cancer cells. The EGCG in green tea prevents cancer cells from growing by binding to a specific enzyme. This health benefit of green tea is especially important in cancers of the prostate, breast and lung.

Green tea can help you lose weight. In clinical trial, men eating a high-fat diet were given enough green tea to provide the caffeine in a single cup of coffee. Although this amount of caffeine has no effect on weight loss, when the caffeine comes from green tea, it is highly significant. The green tea supplement boosted the number of calories burned by 4.5 percent. While this is just 135 calories a day, the study showed that taking green tea supplements could help the average man on a high-fat diet lose 18 pounds in a year's time; the average woman, 11 pounds. This, without eating less or exercising more.



Green Tea has been used for over 5,000 years for its boost of energy, weight control and nutrition.

Prevents growth of cancer cells

Weight Loss

Lower 'bad' cholesterol

Grape Skin Extract

Red grape skins contain an array of bioflavonoids and nonbioflavonoid polyphenols.

One important nonbioflavonoid in grape skin is called Resveratrol. Resveratrol is a plant-specific enzyme that exists in 72 plant species, such as grapes, peanuts, and pine trees. Grapes are the most abundant source of this health-promoting enzyme. In clinical

studies, Resveratrol demonstrated equivalent or better anti-inflammatory effects compared to the well-established anti-inflammatory drugs Phenylbutazone and Indomethacin.



Glucuronolactone

Glucuronolactone is a naturally occurring chemical compound produced by the metabolism of glucose in the human liver. It is an important structural component of nearly all connective tissues. The Glucuronolactone is found in many different plant gums. It can help fight fatigue and provide a sense of well-being. Glucuronolactone is also used as a detoxicant. It has been shown to improve memory retention and concentration as well as acting as an antidepressant and stimulant.

Some Reported Benefits:

- ☀ Improves Liver function
- ☀ Aids in the elimination of toxins in the body
- ☀ Behaves as a stimulant
- ☀ Promotes memory retention



Glucuronolactone can have an important effect on endurance athletes.

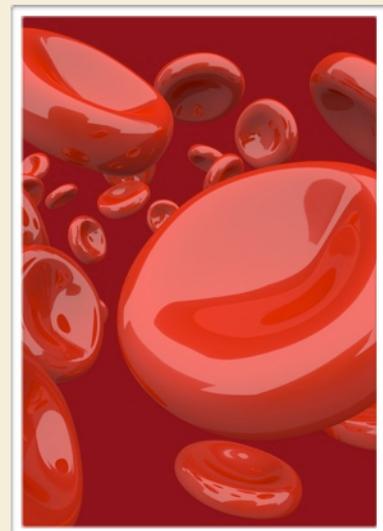
Vitamin B-12

Cobolamin is needed in the manufacture of red blood cells and the maintenance of red blood cells and it stimulates appetite, promotes growth and releases energy. It is often used with older people to give an energy boost, assist in preventing mental deterioration and helps with speeding up thought processes. Some people are also of the opinion that it helps with clearing up infections and provide protection against allergies and cancer. This vitamin is also used in the metabolism of fats, proteins and carbohydrates.

Cyanocobalamin is considered the most potent vitamin and is one of the last true vitamins that has been classified. Vitamin B12 combines with a substance called gastric intrinsic factor (IF). This complex can then be absorbed by the intestinal tract. Intrinsic factor is secreted by the stomach lining and it tightly binds

vitamin B12 and helps it pass through the intestinal lining and into the blood. Any abnormal production of this intrinsic factor can result in vitamin B12 deficiency. Vitamin B12 is needed for normal nerve cell activity, DNA replication, and production of the mood-affecting substance SAME (S-adenosyl-L-methionine).

Vitamin B12 also works closely together with vitamin B9 (folate) to regulate the formation of red blood cells and to help iron function better in the body. Vitamin B12 is important for the activity of certain enzymes within calls that control fat, amino acid and carbohydrate metabolism (enzymes are special substances that speed up reactions in the body). Both vitamin B12 and the vitamin folate are essential for the production of genetic material in the body (DNA and RNA).



Vitamin B12's (also known as Cobolamin) most important role in your body is helping to create healthy blood cells.

More key ingredients of RevvNRG



5- Hydroxytryptophan (HTP)

5-HTP also known as oxitriptan (INN), is a naturally-occurring amino acid and chemical precursor as well as metabolic intermediate in the biosynthesis of the neurotransmitters serotonin and melatonin from tryptophan.

5-HTP is sold over-the-counter in the United States and Canada as a dietary supplement for use as an antidepressant, appetite suppressant, and sleep aid. 5-HTP in supplement form is typically sold in 50 mg or 100 mg gelatin or vegetarian capsules. It is usually sourced from the seeds of *Griffonia simplicifolia*.



Organic Cane Juice Crystals

This organic sugar is made from 100% certified organic sugar cane. It is a "first crystallization" sugar which means the cane is harvested, the juice is extracted, any field impurities are removed and it is crystallized. All this is done within twenty-four hours of the harvest. Because it is far less processed than traditional white sugars, it retains a natural blond color and a delicious natural taste.



Natural Flavors

Natural flavors refers to a highly concentrated fruit extract made from exotic rain forest fruits. These natural flavor fruit extract do not contain MSG and are commonly used to balance a juice type product so the flavors can be held consistent.



Citric Acid

Citric acid is a weak organic acid found in citrus fruits. It is a natural preservative and is also used to add an acidic (sour) taste to foods and soft drinks.



Malic Acid

Smooth and tart - The pleasant, refreshing experience of biting into a juicy apple or cherry is partly caused by Malic acid.

Malic acid's mellow, smooth, persistent sourness which allows it to be blended with multiple food acids, sugars, high intensity sweeteners, flavors, and seasonings to create unique taste experiences in foods, beverages and confections.

Malic acid's synergism with certain food ingredients and flavors makes it a versatile and flexible acid of choice to create new taste sensations and to add new twists to existing products.



Potassium Citrate

In food processing industry, it is used as buffer chelate agent, stabilizer, antibiotic oxidizer, emulsifier, and flavor regulator.



Silica

Its fine particle size and hygroscopic nature makes it an effective free flowing and anti-caking agent for caking control, compaction and flowability of most powdered food ingredients.

Testimonials

Joshua

"Thanks for such an awesome product, by the way! The first time I tried it, I knew I could represent RevvNRG! And, I'm not an energy drink person! It's the best stuff ever made!! These past eight weeks I've been practically living on it with late night classes four nights a week."



Steve Wolf

RevvNRG is not only an incredibly great tasting and nutritious alternative to regular energy drinks, it's portable, tastes great and costs 1/3 the price of a comparable product you can buy in stores.

I've been drinking Revv for about 2 years now and it is a delightful part of my well balanced diet and exercise routine.

Whether your a total health nut, or just looking for a couple ways to make healthier food and beverage choices without breaking the bank, than RevvNRG is totally for you!!!