Ready-to-mix **energy drink**

Concentration & Alertness[2;5;7]

Cognitive Activity[1;2;4;5]

Fat[2;6] **& Glucose**[5] **Metabolism**



Physical[3;4;5;6] **& Mental Performance**[1;2;3;4;5]

Tiredness Reduction[2;5;6] **& Recovery**[1;3;5;6]

kcal

Low in calories[8]

Immune System[9]

4Life Transfer Factor® Formula[10]

ENERGY GO STIX™ **BERRY**

FOOD SUPPLEMENT FOR CONCENTRATION AND ALERTNESS[7]

Pleasant taste • Instant drink • Non carbonated

(1) Siberian ginseng contributes to physical recovery and supports mental performance.
(2) Guarana supports fat metabolism and weight control, helps maintain mental performance, and contributes to reducing tiredness and fatigue.
(3) Maca promotes physical and mental performance, supporting overall health and recovery.
(4) Rhodiola stimulates the nervous system, supports physical performance and condition, and enhances cognitive and mental performance.
(5) Korean ginseng contributes to glucose metabolism, enhances physical and mental performance, improves cognitive activity, supports alertness, and helps reduce fatigue. Chromium contributes to the maintenance of normal blood glucose levels and to normal macronutrient metabolism.
(6) Yerba mate supports fat metabolism and weight management, helps reduce mental and physical fatigue, invigorates the body, and contributes to recovery.
(7) Caffeine helps to increase alertness and to improve concentration. Each serving contains 85 mg of caffeine from natural sources (green tea, yerba mate and guarana).
(8) Just 20 kcal per serving.
(9) Guarana has been traditionally used in South America to support the body's natural defenses.***
(10) Made from colostrum (milk) and egg yolk.

Need extra support to stay sharp and energized during busy days?

- **Energy Go Stix** is a ready-to-mix energy drink for people on the move.
- It helps you **remain focused, alert, and resilient,** so you can navigate your day with clarity and confidence.

What does Energy Go Stix Berry offer?

- Selected plant extracts* that that help enhance **alertness and concentration,** support **physical and mental performance**, promote **recovery,** reduce **tiredness and fatigue**, and support overall **vitality and wellbeing.**
- 85 mg of caffeine, wich helps to **increase alertness** and **improve concentration**, supporting your ability to stay focused and attentive during busy or demanding moments of the day.
- Chromium for normal **metabolism of macronutrients** and **normal levels of glucose** in the blood.**
- A **low-calorie** energy drink — just 20 kcal per serving.
- Guarana extract, traditionally used to support the body's **natural defenses**.***
- 50 mg of **4Life Transfer Factor Formula.**



* **Siberian ginseng** contributes to physical recovery and supports mental performance. Help the body cope with stress. **Guarana** supports fat metabolism and weight control, helps maintain mental performance, and contributes to reducing tiredness and fatigue. **Maca** promotes physical and mental performance, supporting overall wellbeing and recovery. **Rhodiola** acts as an adaptogen that stimulates the nervous system, supports physical performance and condition, and enhances cognitive and mental performance. **Korean ginseng** contributes to glucose metabolism, enhances physical and mental performance, improves cognitive activity, supports alertness, and helps reduce fatigue. **Yerba mate** supports fat metabolism and weight management, helps reduce mental and physical fatigue, invigorates the body, and contributes to recovery.

** **Chromium** contributes to the maintenance of normal blood glucose levels and to normal macronutrient metabolism. Glucose is a primary source of energy for most body cells, including those in the brain.

*** da Costa Krewer, C., Suleiman, L., Duarte, M.M.M.F., et al. (2014). Guaraná, a supplement rich in caffeine and catechin, modulates cytokines: evidence from human in vitro and in vivo protocols. European Food Research and Technology, 239, 49–57. https://doi.org/10.1007/s00217-014-2182-3



30x5,5 g
PACKETS



165 g
NET WEIGHT

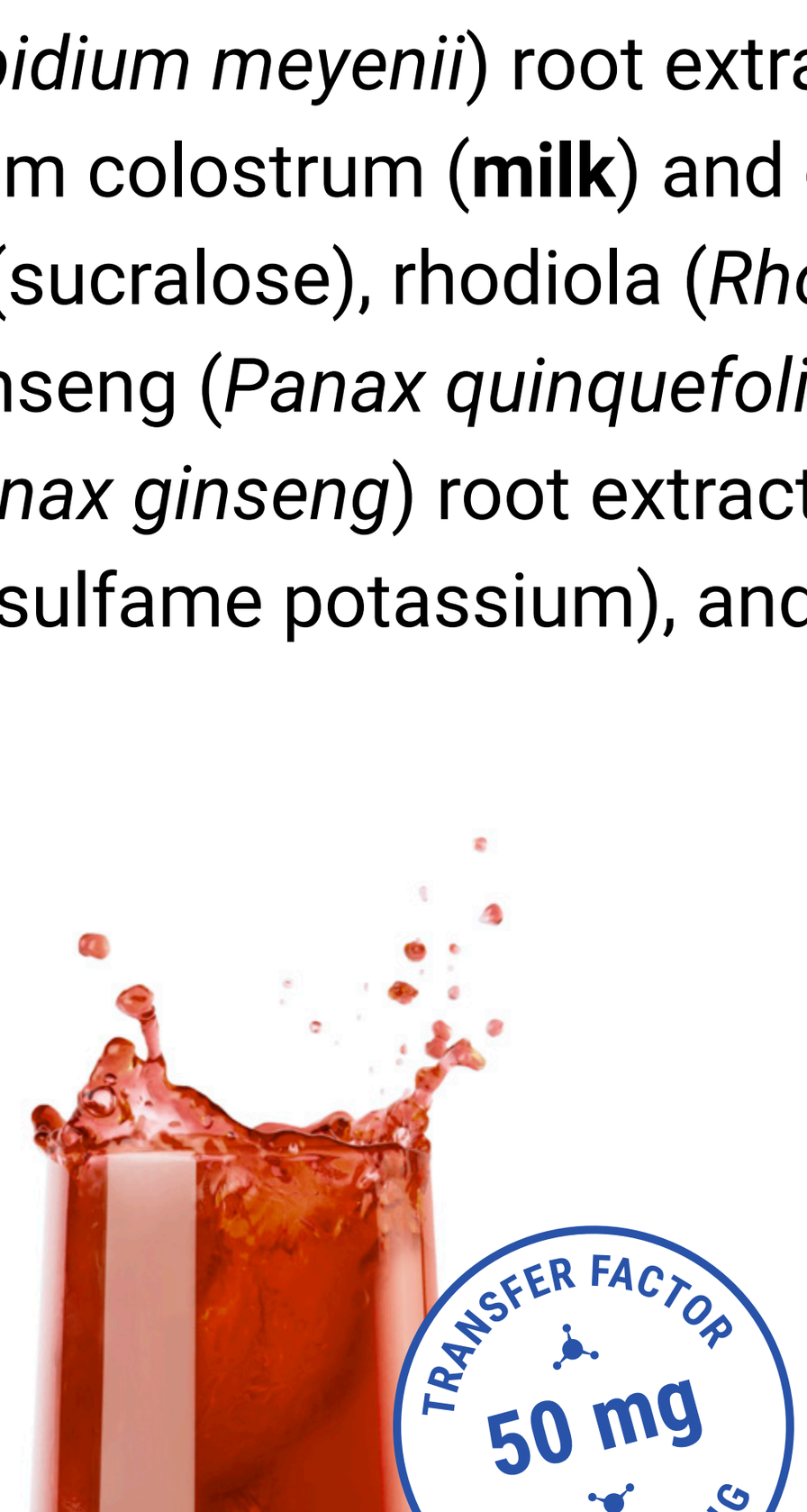
MIX 1 PACKET WITH 240 ML OF WATER, ONCE A DAY.

INGREDIENTS:

Maltodextrin, acidity regulator (citric acid), natural raspberry juice powder, taurine, green tea (*Camellia sinensis*) leaf extract, L-arginine, L-glutamine, artificial raspberry flavor, natural cranberry flavor, beet powder, artificial berry flavor, natural and artificial vanilla flavor, yerba mate (*Ilex paraguariensis*) leaf extract, creatine, anti-caking agent (silicon dioxide), L-ornithine alpha-ketoglutarate, L-carnitine, eleuthero (*Eleutherococcus senticosus*) root extract, guarana (*Paullinia cupana*) seed extract, maca (*Lepidium meyenii*) root extract, 4Life Transfer Factor® (made from colostrum (**milk**) and **egg** yolk), beta carotene, sweetener (sucralose), rhodiola (*Rhodiola rosea*) root extract, American ginseng (*Panax quinquefolium*) root extract, Korean ginseng (*Panax ginseng*) root extract, sodium acetate, sweetener (acesulfame potassium), and chromium nitrate.

You can take it when you need an extra boost or before your exercise routine.

Avoid taking it during the 6 hours prior to your usual time of going to bed.



NUTRITIONAL INFORMATION:

Daily dose: One (1) packet
Daily doses per container: 30

Amount per daily dose (1 packet)		%NRV*
Calories	20 kcal	-
Total carbohydrates	3 g	-
Sugar	0.26 g	-
Caffeine	85 mg	-
Chromium	25 µg	62,5%
Green Tea extract	200 mg	-
Arginine	200 mg	-
Glutamine	200 mg	-
Taurine	200 mg	-
Yerba Mate extract	140 mg	-
Creatine	125 mg	-
L-Ornithine alpha-Ketoglutarate	75 mg	-
L-Carnitine	75 mg	-
Eleuthero extract	75 mg	-
Guarana extract	60 mg	-
Maca extract	50 mg	-
Rhodiola Rosea extract	37 mg	-
Colostrum	35 mg	-
American Ginseng extract	25 mg	-
Korean Ginseng extract	25 mg	-
Egg yolk	15 mg	-

***NRV: Nutrient Reference Values**
Food supplement with sweeteners

Product Catalog

Buy Now

Warnings: consult your doctor or pharmacist if you are taking treatment for diabetes. Do not exceed the recommended daily dose. CONTAINS CAFFEINE (85 mg/pack). Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. KEEP OUT OF THE REACH OF CHILDREN. The product contains 90 mg catechins (of which 30 mg (-)-epigallocatechin-3-gallate (EGCG)) per serving. It is not recommended to consume a daily amount of 300 mg of EGCG or more. Should not be consumed by pregnant or lactating women and children below 18 years old. Should not be consumed if you are already consuming other products containing green tea on the same day. Should not be consumed on an empty stomach. Should not be consumed for prolonged periods of time without medical supervision. Store in a cool dry place.

Follow us:

4Life® products are not intended to diagnose, treat, cure, or prevent any disease.
Nutrition declarations approved for Europe.
©2025 4Life Trademarks, LLC, All rights reserved. 092225_EU_en