



Ingredients:

Guarana Seed Extract 1136mg, Panax Ginseng root extract 50 mg
d-Ribose 300 mg, Yerba Mate (leaf) extract 1 mg, vegetable capsules,
Magnesium Stearate, silica

**Recommended Serving:
1-3 capsules**

Product Summary

ALL-Day Energy gives naturally burning energy without the jitters, has ZERO calories, NO sugar, and NO crash! Why take 5-hour energy twice a day when you can have ALL-Day energy with just one small dose in the morning. Ditch your sugary, over caffeinated, preservative filled energy drinks and swap it out with ALL-Day Energy, just once a day it gives all the energy you need to make it through 10+ hours of rigorous work.

As with our other products we only include ingredients backed by studies. Bayer corporation found that Guarana improves energy, both mental and physical as well as improving focus and attention. Panax Ginseng has been studied at The Mayo Clinic and found to decrease fatigue. Yerba Mate and d-Ribose have also been shown to be effective in increasing energy.

Ingredient Highlights

Guarana Seed Extract

Guarana seed extract is derived from the seeds of the guarana plant, which is native to the Amazon basin in South America. It is a natural stimulant that contains high amounts of caffeine and other compounds that can provide a boost in energy and mental alertness. Guarana seed extract is commonly used in dietary supplements, energy drinks, and other products aimed at improving cognitive function and physical performance. It may also have potential health benefits, such as reducing fatigue and improving mood. However, it is important to use guarana seed extract in moderation and consult with a healthcare professional before taking any new supplements.

Research:

<https://pubmed.ncbi.nlm.nih.gov/?term=guarana+seed+extract+>

Panax Ginseng root:

Ginseng is an herb that is rich in antioxidants. Research suggests that it may offer benefits for brain health, immune function, blood sugar control, and more.

Research:

<https://www.healthline.com/nutrition/ginseng-benefits>

d-Ribose:

d-Ribose is reported to reduce fatigue and improve athletic performance. It's also been studied for people with heart failure.

Research:

<https://pubmed.ncbi.nlm.nih.gov/?term=d-Ribose>

Yerba Mate (leaf) extract:

Yerba mate is a traditional South American drink made by steeping the dried leaves of the yerba mate plant in hot water. It has a bitter taste and is often enjoyed with sweeteners like honey or sugar. Yerba mate is known for its caffeine content and is a popular alternative to coffee or tea. It is also believed to have various health benefits, including improved digestion, weight loss and mental clarity. Yerba mate has a rich cultural history and is often consumed socially in countries like Argentina, Uruguay, and Paraguay.

Research:

<https://pubmed.ncbi.nlm.nih.gov/?term=Yerba+Mate+%28leaf%29+extract>

Responsible Cautions

- ▶ Keep out of reach of children and pets.
- ▶ If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.

The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.