

Solstic Energy

30 Stick Packets, Energy Drink Mix, Stock No. 6500-9

Canadians gulp down more than \$1-billion worth of energy drinks, power bars and weight-loss products every year. There are more new customers reaching for these products every day, and the number of choices in the market continues to proliferate. But many of these drinks do not promote health in the long run. With Solstic Energy, Nature's Sunshine is pleased to offer you a product that is a healthy alternative to the various energy drinks and caffeinated beverages that so many people are reaching for.

Did you know?

Approximately 85 percent of the world's population uses coffee, tea, colas, energy drinks, or some combination of them to help get through the day. Unfortunately, many of these drinks trade off a short term "kick" for long-term health consequences. The typical energy drink overloads your body with sugar and processed caffeine. Some popular energy drinks have as much as 5 teaspoons of sugar in a small can. You'll see a short-lived boost in energy followed by a significant "crash." Long term high sugar and caffeine consumption can lead to a variety of health issues, including dehydration and chronic inflammation, which can lead to a whole host of other problems.

Another key ingredient in many energy drinks is taurine. Taurine has not been proven to be energy-giving in scientific studies. It would be misleading to assume that the taurine in sugar- and caffeine-laden drinks is responsible for any energy-boosting effects. The safety of taurine is also unknown. A study conducted in 2008 showed that the ingestion of one 250mL can of sugar-free Red Bull, in a sample of 30 healthy young adults, had an immediate detrimental effect on both endothelial function and normal blood coagulation. This temporarily raised the cardiovascular risk in these individuals to a level comparable to that of an individual with established coronary artery disease.¹

Based on their results, researchers involved with the study cautioned against the consumption of Red Bull in individuals under stress, in those with high blood pressure, or in anyone with established atherosclerotic disease. Contrast this with red grape skin and decaffeinated green tea extracts in Solstic Energy. They have antioxidant properties which actually protect against cardiovascular diseases and promote healthy circulation as opposed to raising cardiovascular risks. Green tea is a good herbal substitution for taurine because it enhances endurance by increasing metabolic capacity and uses fatty acids as an energy source in skeletal muscle during exercise.

Solstic Energy is a nutrient-rich formula that boosts energy without the jitters and crashes of other energy drinks. Solstic's blend of natural, energy-boosting ingredients gives added stamina without crashing later, and without added long-term health risks. Solstic Energy contains the complete complex of B vitamins, which play an important role in energy metabolism. It comes in convenient, take-anywhere, easy-to-use stick packs, and is highly economical with 30 packets in a box. With so many benefits, Solstic is the natural choice for when you want energy without side effects.

NSP Advantage

Natural ingredients

All of the medicinal ingredients in typical energy drinks are synthetically produced.

All of the medicinal ingredients in Solstic are natural, herbal-based products and are guaranteed pure and of the highest quality.

Most energy drinks contain pure caffeine (pharmaceutical grade) as a medicinal ingredient. Solstic Energy uses guarana seed extract as a natural source of caffeine. Each packet contains 60 mg of caffeine from guarana seed extract, compared to the 100 mg of caffeine found in a cup of coffee.

Solstic Energy (continued)

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Ingredients: Medicinal Ingredients: Guarana (*Paullinia cupana*) seed extract, 283 mg; Korean Ginseng (*Panax ginseng*) root extract, 100 mg; Red grape (*Vitis vinifera*) skin extract, 50 mg; Green Tea (*Camellia sinensis*) leaf extract, 50 mg; Niacinamide (vitamin B3) 24 mg, D-calcium Pantothenate (vitamin B5) 10 mg, Pyridoxine Hydrochloride (vitamin B6) 2.0 mg, Riboflavin (vitamin B2) 1.7 mg, Thiamine Mononitrate (vitamin B1) 1.5 mg, Cyanocobalamin (vitamin B12) 6 mcg.

Non-medicinal ingredients: maltodextrin, citric acid, citrus flavour blend, malic acid, sucralose, silicon dioxide. Each packet contains 55 mg of sucralose.

Recommendation: Use Solstic as a temporary source of energy. Dosage (adults): Add the contents of one packet (3.77 g) to approx. 500 mL of water and drink. Take one packet daily.

References:

1. Acute Effects of Red Bull on Platelet and Endothelial Function, Heart, Lung and Circulation Volume 17, Supplement 3, 2008, Pages S23-S24

Nutrition Facts	
Valeur Nutritive	
Per 3.77 g (1 packet) / par 3.77 g (1 sachet)	
Servings per container: 30	
Portions par contenant: 30	
Amount	%Daily Value
Teneur	% valeur quotidienne
Calories / Calories	12
Total Fat / Lipides	0 g 0 %
Cholesterol / Cholestérol	0 mg
Sodium / Sodium	2 mg 0 %
Carbohydrate / Glucides	3 g 1 %
Fibre / Fibres	0 g 0 %
Sugars / Sucres	3 g
Protein / Protéines	0 g
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %
Thiamin / Thiamine	115 %
Riboflavin / Riboflavine	106 %
Niacin / Niacine	87 %
Vitamin B6 / Vitamine B6	111 %
Vitamin B12 / Vitamine B12	300 %
Pantothenate / Pantothénate	143 %

Features & Benefits

- A healthy alternative to popular energy drinks on the market.
- A low-calorie energy booster with no sugar to pack on the pounds. Only 12 calories per serving.
- Contains ingredients that support energy but also provide health benefits.
- Guarana promotes mental alertness and increased energy levels and can improve exercise performance.
- Red grape skin extract contains antioxidant pigments called anthocyanins that inhibit LDL oxidation (LDL oxidation is bad for you). Also has resveratrol, which protects against cardiovascular disease and atherosclerosis and promotes healthy cholesterol levels. Resveratrol dilates blood vessels and promotes healthy circulation.
- Green tea extract's powerful antioxidants protect against cardiovascular disease and promote healthy circulation. Green Tea can promote healthy weight by boosting calorie and fat metabolism. Green Tea improves cognitive performance and mental alertness, and enhances endurance by increasing metabolic capacity and fat burning for energy.
- Korean ginseng is an adaptogen that increases resistance to stress and enhances immune function. Also used to promote healthy energy levels, cognitive function and mood.
- Vitamin B1 plays an important role in helping the body convert carbohydrates and fat into energy. It helps to maintain proper functioning of the heart and the nervous and digestive systems.
- Vitamin B2 works with other B vitamins to produce energy from carbohydrates, proteins and fats. Vitamin B2 is also involved in the essential pathway for energy production.
- Vitamin B3 is essential for the production of cellular energy (ATP).
- Vitamin B5 is needed for energy metabolism (breakdown of carbohydrates, proteins and fats).
- Vitamin B6 is involved in food metabolism and the release of energy. Also required for amino acid metabolism and the formation of blood proteins and antibodies.
- Vitamin B12 is essential for energy production and the maintenance of the nervous system.