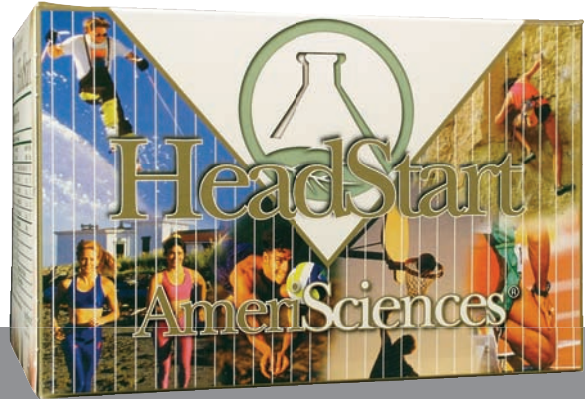




# HeadStart

Get a HeadStart on your day without relying on coffee or colas. With B vitamins and trace minerals as the basis of this great-tasting citrus drink, you will get the micronutrients you need when your energy levels wane.\*



*For a quick energy boost\**

## Benefits

- Thirst quenching, refreshing citrus flavor\*
- Provides a quick, long-lasting energizing effect\*
- May help improve alertness\*

## Product Features

An alternative to coffee and other caffeinated drinks, HeadStart provides a quick “pick-me-up” without the “wired” or jittery feeling associated with other energy drinks.\*

## Key Ingredients

- **Chromium** is an essential trace mineral involved in glucose metabolism.\*
- **Vitamin B Complex** is a group of essential water-soluble vitamins involved in cellular energy production, red blood cell development and nervous system function.\*
- **Fructose** is a natural monosaccharide derived from fruits and vegetables, that has a lower glycemic index.\*

## Contraindications & Precautions

Keep out of the reach of children. Do not use if you are pregnant, nursing or have a known sensitivity to caffeine. Individuals with a medical condition should consult their physician. Do not consume more than four servings per day.

## Directions For Use

As a dietary supplement, add the contents of one (1) packet to 8 oz. of chilled water or fruit juice and drink once to twice daily.

## References

Lamberg Lynne. “Tactics to Boost Alertness May Benefit Night Workers”. *Psychiatric News*, July 2004; 39(13):26.

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Institute of Medicine, Food and Nutrition Board. “Caffeine for the Sustainment of Mental Task Performance: Formulations for Military Operations.” *National Academy Press*, Washington, D.C. 2001.

Huxtable RJ. “Physiological actions of taurine.” *Physiol Rev*, 1992;72:101-163

**\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.**