



# innergize! *go* FAQ

## How much caffeine is in Innergize! Go and what are the caffeine sources?

There are 150mg of total caffeine in Go. There are two sources of caffeine in Go: natural caffeine from green coffee beans and dicaffeine malate (caffeine bound to malic acid) which ensure an even release profile. These caffeine sources are combined with the amino acid L-theanine to produce the best possible combination of energy and focus without the jitters.

## Can Innergize! Go be combined with the other Reliv products?

Yes - You can combine Go with any Reliv nutrition product or take it as a standalone product. Either way, you will receive optimal benefits.

## Is that level of Vitamin B12 safe?

Yes. B12 is a water-soluble vitamin. Your body will use what it needs and any unabsorbed material is safely excreted from the body.

## What is the best time of day to take this?

Innergize! Go can be used first thing in the morning, mid-day, or whenever you need a quick boost. Go is also ideal as a pre-exercise product to maximize the impact of your exercise routine.

## Why is cellular hydration important?

Hydration is critical for every function in the body. Ensuring proper hydration is especially important when you are working towards a health transformation to ensure proper functioning of the liver, kidneys, etc. and to maximize recovery.

## How many servings of Innergize! Go can I drink daily?

Depending on your individual caffeine tolerance, we recommend not consuming more than 2-3 servings of Innergize! Go per day. We do recommend spacing these over the course of the day and suggest limiting your caffeine intake if you experience sleeplessness or nervousness.

## What is MitoBurn?

MitoBurn® is L-BAIBA, which the muscles produce during exercise. Known as an “exercise factor”, increased levels of L-BAIBA are associated with many of exercise’s numerous benefits. For example, L-BAIBA helps regulate metabolism, increase energy expenditure, manage fuel selection, and more. Up until now, the best way to increase levels of L-BAIBA was through intense exercise...but that all changes with MitoBurn. MitoBurn – NNB (nnbnutrition.com)

## Is Innergize! Go safe for kids?

Innergize! Go was developed specifically for adults on the Go. It is not recommended for children under the age of 18 as it does contain caffeine. If you have specific questions, we recommend that you speak to your child’s physician.

## Can I use Innergize! Go if I have high blood pressure or a heart condition?

As with any Reliv product, we recommend that if you have a medical condition or are taking prescription medication, that you speak to your physician regarding use of any dietary supplement. If you have been instructed to avoid caffeine, consumption of Innergize! Go is not recommended. You may want to try our original Innergize! products in Lemon or Orange.

