

# Isotonix ESSENTIALS™



ISOTONIX ESSENTIALS™  
TURN UP

**TURN UP**

A custom formula designed for your daily boost! Features a dynamic blend of vitamins, amino acids and minerals.

**Isotonix ESSENTIALS™**

A Isotonic-Capable Dietary Supplement  
30 - 0.47 oz. (13.3 g) Packets  
Net weight: 14.1 oz (399 g)

GLUTEN FREE

Supplement Facts		
Serving Size: 13.3 g		
Serving Per Container: 30		
	Amount Per Serving	% Daily Value*
Calories	25	
Total Carbohydrates	6	
Total Sugar	6	**
Includes 4 grams Added Sugar		8%
Vitamin C (Ascorbic acid)	100 mg	111%
Riboflavin (Vitamin B2)	3.3 mg	254%
Niacin as Niacinamide	15 mg NE	94%
Vitamin B6 (Pyridoxine HCl)	4.1 mg	41%
Folic Acid ( )	30 mcg DFE	7.5%
Vitamin B12 (Cyanocobalamin)	3.6 mg	120%
Pantothenic Acid [d-Calcium Pantothenate]	4 mg	80%
Magnesium (Citrate, Glycinate)	200 mg	48%
Zinc (Gluconate)	1.3 mg	12%
Copper (Gluconate)	166 mcg	18%
Chromium (Arginate, Picolinate)	215 mcg	614%
Sodium	75 mg	3%
Potassium (Bicarbonate)	335 mg	7%
Acai Fruit Juice	300 mg	**
L-Phenylalanine	200 mg	**
L-Taurine	125 mg	**
L-Tyrosine	100 mg	**
Guarana Seed Extract	160 mg	**

Mangosteen	100 mg	**
Glycine	100 mg	**
Coenzyme Q10	60 mg	**
Pomegranate Extract (40% Ellagic Acid)	50 mg	**
Yerba Maté Extract	45 mg	**
Green Tea Extract	25 mg	**
Carnitine (Tartrate)	20 mg	**
Lipase	5 mg	**
Boron (Citrate)	2 mg	**

\* Percent Daily Value is based on a 2,000 calorie diet.  
 \*\* Daily Value not established.  
 † Herbal sources of caffeine (24 mg/serving)  
**Other Ingredients:** Fructose, malic acid, citric acid, grape fruit powder, orange juice powder, silicon dioxide, raspberry flavor, rebaudioside A (stevia leaf), white grape flavor, orange flavor, beet root powder, grape flavor, raspberry fruit, Lo Han (fruit) extract, apple fiber, black cherry flavor, grape skin extract, passion fruit flavor, maltodextrin, glucose, calcium sulfate, steanic acid, lemon flavor and lime flavor.

## BENEFITS\*:

- Increases energy
- Provides strong antioxidant protection
- Helps improve mental focus
- Promotes cognitive health
- Promotes normal regulation of enzymes and hormones
- Helps with energy and stamina

## ENERGY • FOCUS • CLARITY\*

**Isotonix Essentials™ Turn Up** is a vitamin and mineral approach to sustained energy in the body giving a boost in both physical endurance and mental focus. Today's energy products tend to be loaded full of sugar and stimulants that ultimately exhaust the body over time. Turn Up features a combination of amino acid and antioxidants for prolonged energy without the crash.† Isotonix products have been carefully formulated to deliver nutrient dense solutions which move from the stomach into your intestine in a fast, controlled way. And they're buffered to resist nutrient degradation and to be gentle on your system.

**Directions for use:** Pour contents of packet into a cup. Add 8 fl. oz of water into the cup and stir. As a dietary supplement, take once daily or as directed by your healthcare provider. Maximum absorption occurs when taken on an empty stomach. This product is isotonic only if the specified amounts of water and powder are used.

**When to Take:** Turn Up is best taken 30-40 minutes before you know you are going to experience an energy slump or require physical endurance.

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

Warning: If you are currently using any prescription drugs, have an ongoing medical condition or are pregnant or breastfeeding, you should consult your healthcare provider before using this product. Magnesium should be used cautiously in individuals with reduced kidney function due to an increased risk of hypermagnesemia. Discontinue use and consult your healthcare provider if you experience diarrhea, abdominal cramping or discomfort. If you are currently taking monoamine oxidase inhibitors (MAOI) or angiotensin converting enzyme (ACE) inhibitors, you should not use this product. If you have phenylketonuria (PKU), high blood pressure, thyroid disease/Graves' disease, schizophrenia or bipolar disorder, you should not use this product.