

# e9 Overview



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## Introduction



**Elite Health is the pinnacle of wellness, where age does not dictate ability.**

Scientifically, Elite Health is optimal metabolic function, the state in which all body systems are performing efficiently, which gives you the energy to see more, do more, and be more, no matter what stage of life you're in. Live without limitation with Elite Health from Synergy WorldWide.

SYNERGY  
**ELITEHEALTH**

Science-based, innovative propriety programs that holistically improve your total health, elevate your performance and unlock your true potential.



e9

e9 is an amazing natural energy drink. It is packed full of vitamins and a natural caffeine that can give you sustained energy and mental focus throughout the day. It also contains l-arginine for heart health and inulin for gut health.

The revolutionary difference between e9 and chemical based energy drinks people buy in shops or see on adverts is that e9 helps the body produce its own energy from inside, not pump the body full of external, chemical stimulants. This ensures the body stays healthy for longer and removes the nasty “come-down” effect other energy drinks have.



## Key Ingredients

- L-arginine
- L-lysine
- L-glutamine
- Vitamin B12
- Vitamin B6
- Vitamin C
- Riboflavin
- Thiamin
- Inulin
- Pantothenic acid
- Folic acid
- Guarana seed
- Yerba mate
- Acai berry
- Aloe Vera leaf juice
- Green tea extract





## Using e9

Box	243g 30 sachets
Serving size:	1 sachet – 8.1g
Daily dose:	1 sachet as required
Contraindications:	None known
Length of use:	As desired

**Dose form:** Powder, intended to be mixed with water

**Directions:** Mix sachet in 240 ml water (or to taste)  
Lightly stir and drink.

Redefine your limits and give today your  
all with a healthy boost.



## What is e9?



Your life demands constant energy. Schedules are packed tight with activities and commitments that require you to be at your best around the clock, even when you are battling exhaustion. In the middle of a hectic day, you may find that your energy levels are depleted before lunch, making it nearly impossible to cross off everything on your to-do list.

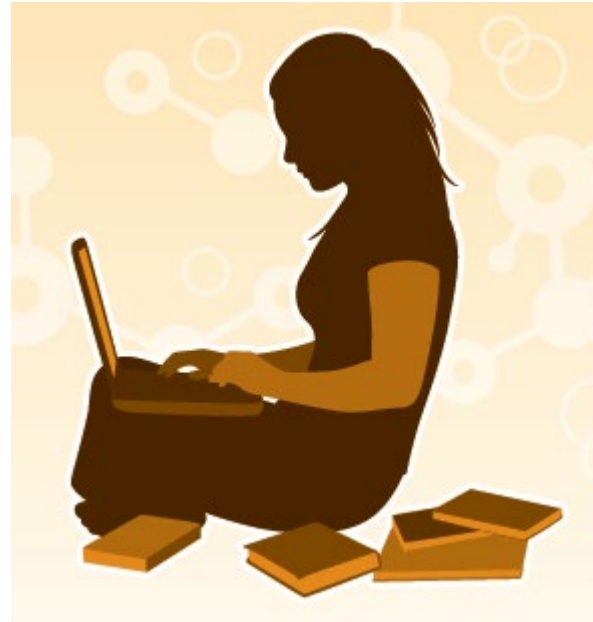
Synergy's e9 energy formula is powered by l-arginine and a blend of Vitamin B12 and B6, riboflavin, thiamin and pantothenic acid, each of which lends to a normal, energy-yielding metabolism. This flavourful mix also contains natural caffeine sources, including guarana seed and yerba mate extract. Every ingredient is safe and of the highest quality, providing you with a low-calorie boost when you need it most.

This combination of ingredients was designed to help you safely sustain your energy levels. Vitamin B12 and B6, along with pantothenic acid, not only contribute to an energy-yielding metabolism; they help reduce fatigue while supporting normal mental performance. Yerba mate extract contains properties that can strengthen the body while helping you feel more energetic. Its stimulating and tonic properties play a role in resisting mental and physical fatigue.

Today, there are dozens of quick fixes for low energy, but with e9 you can trust that you are taking a product that supports your healthy lifestyle. No matter what time of day it is, if you are fighting to focus, stay alert and stay energised, mix up a serving of e9 and enjoy its refreshing, piña colada flavour.

## Testimonials

“As a student, long classes, hours of studying, and tough exams—university is hard work! e9 helps keep me alert during late-night study sessions for that final I’ve been dreading all term. Because e9 is mixed in water, I’m staying hydrated and healthy while fuelling my body with what it needs to stay awake through my classes. After these strenuous weeks I will have the energy to spend time with friends!”



“As an athlete, I’m very careful about what I put into my body, but I trust e9 to help me get those extra reps in after a demanding workout. With only 20 calories and no artificial sweeteners, I can get an extra boost of energy before a workout without sacrificing my nutritional goals. With essential vitamins, including B6 and B12, and an active blend of guarana and green tea, I know I’m fuelling my body with energy that is mild but effective.”



## Why e9?

- People are struggling
  - Lack of energy
  - Stress
  - Unhealthy choices
- People need B Vitamin products because these products are known for supporting brain and memory strength
- e9 gives you a healthy alternative



## What is e9?

- Healthy alternative to caffeinated sodas and other energy drinks
- Low-calorie, sugar-free
- Source of l-arginine
- Contains natural caffeine

## Natural energy sources

### **Vitamins & Minerals**

- Vitamin B12
- Vitamin B6
- Riboflavin
- Thiamin
- Pantothenic Acid

### **Caffeine**

- Guarana seed
- Yerba mate



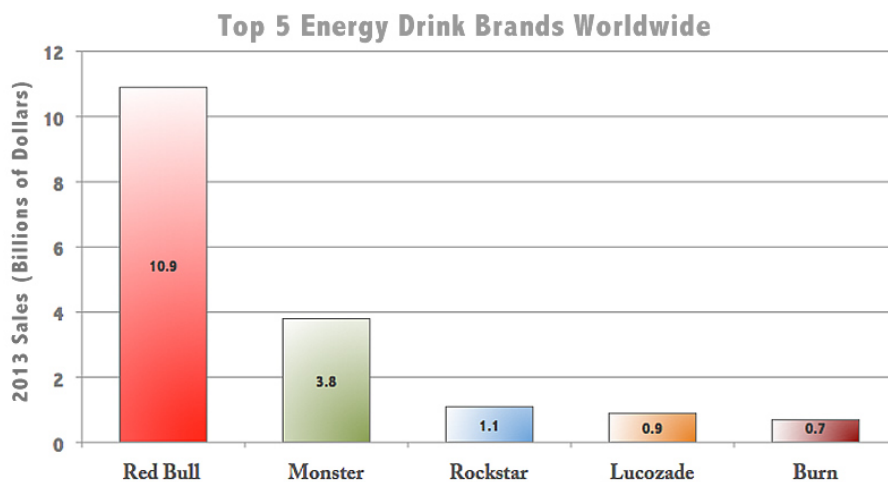
## Energy Drink Industry

- Global market: € 1.6 billion
- European market: € 270.3 million
- Western Europe makes up 20 % of global volume
- United Kingdom, Germany, Poland and Austria among Top 10 most profitable energy drink markets



## Global Energy Drink Sales

1. Red Bull – €8 billion
2. Monster – €2.9 billion
3. Rockstar – €834 million
4. Lucozade – €683 million
5. Burn – €531 million



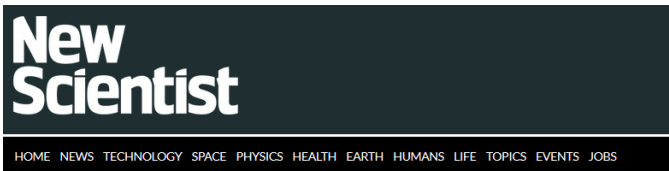
# Energy Drink Consumption

According to a European Food Safety Authority (EFSA) report

- 30 % of European adults consume energy drinks at least once per year
- 12 % are “high chronic” users
- 52 % of adults used energy drinks during sports and physical activities



*Now being banned from sale to children across the UK*



Home | News | Health

ANALYSIS 7 February 2018

## The truth about what downing energy drinks really does to kids

Campaigners in the UK want energy drinks banned for under-16s. The latest scientific evidence suggests they are right – these drinks are uniquely bad for children

### AMA to support call for Energy Drink ban

The American Medical Association has officially stated at its annual meeting that it would support a ban on the marketing of energy drinks to children under 18, saying the high-caffeine beverages could cause heart problems and other health issues.

“Energy drinks contain massive and excessive amounts of caffeine that may lead to a host of health problems in young people, including heart problems, and banning companies from marketing these products to adolescents is a common sense action that we can take to protect the health of American kids,” Dr. Alexander Ding, an AMA board member, said in a statement.



## Waitrose Media Centre



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Media Centre Home / Press Releases / Waitrose introduces minimum age limit on sales of high caffeine energy drinks

04 Jan 2018

**Waitrose introduces minimum age limit on sales of high caffeine energy drinks**

## Waitrose

From 5th March 2018, customers buying caffeinated energy drinks containing more than 150 mg of caffeine per litre will be

## HEALTH EFFECTS OF ENERGY DRINKS on Children, Adolescents and Young Adults

Overconsumption of energy drinks may lead to the following outcomes:

- Increased sweat excretion
- Affected blood pressure
- Psychotic conditions
- Liver damage
- Respiratory disorders
- Seizures
- Rhabdomyolysis
- Heart palpitations
- Myocardial infarction
- Tachycardia
- Hypertension
- Nausea
- Vomiting
- Abdominal pain
- Increase urine flow
- Kidney failure
- Agitation
- Coronary vasoconstriction
- Cerebral vasoconstriction
- Altered electrolyte levels
- Interferes with calcium absorption

source: source: American Academy of Pediatrics

## Growing Concerns

EFSA growing concerned over excessive consumption of unhealthy energy drinks



*“ ... due to the exponential growth rate which characterised the Energy Drink market over the last years, the study team suggests to monitor possible further increases in Energy Drink consumption”*

## e9's advantage over Energy Drinks

No carbonation

No sugars

Keeps you hydrated

Contains essential nutrients

Still tastes great!





## e9 Energy Comparison

	<b>e9</b>	Red Bull	Rockstar	Monster	Amp	NOS
Calories	<b>20</b>	110	140	100	120	110
Added Sugar	<b>No</b>	Yes	Yes	Yes	Yes	Yes
Carbohydrates	<b>5g</b>	28g	31g	27g	31g	28g
Added Anhydrous Caffeine	<b>No*</b>	Yes	Yes	Yes	Yes	Yes
L-arginine	<b>Yes</b>	No	No	No	No	No
Vitamin C	<b>500%</b>	0%	0%	100%	0%	100%
Thiamin (B1)	<b>100%</b>	0%	0%	0%	0%	0%
Riboflavin (B2)	<b>100%</b>	0%	200%	100%	20%	0%
Niacin (B3)	<b>200%</b>	100%	100%	100%	10%	25%
Pantothenic Acid (B5)	<b>100%</b>	50%	100%	0%	10%	0%
Pyridoxine (B6)	<b>1000%</b>	250%	100%	100%	10%	100%
Folic Acid (B9)	<b>50%</b>	0%	0%	0%	0%	25%
Cyanocobalamin (B12)	<b>2000%</b>	80%	100%	100%	10%	100%

\* e9 contains guarana, a source of natural caffeine

## Coffee

- 92% of caffeine consumption in Europe comes from coffee and tea
- Finland, Norway, Iceland, Denmark and Netherlands consume most coffee per capita in the world
- Finland consumes 12 kg of coffee each year per person

## e9 vs Coffee

Coffee lacks the vitamins and minerals found in e9

Coffee can have negative effects on dental health

e9 requires little to no preparation

e9 is better for hydration



## e9 for our younger generation

- Energy drink consumption by 18-29 age group has skyrocketed
- 53% of young adults drink 4-5 energy drinks per week
- On average, young adults drink 7 litres of their favorite energy drink per month

## e9 for busy young people

University students studying late

Athletes needing energy for a workout

An employee working long hours or night shifts

A young parent



# A message for today's driven society

How bad do you want success?!?

How you wake up says it all!

Spring out of bed with  
e9 and ProArgi-9+



# e9 Overview



<https://www.synergyheart2heart.team> for more information