

1. What makes EMPACT+™ beneficial and unique compared to other fitness products on the market?

EMPACT+ contains no stimulants, caffeine, or added sugars. EMPACT+ performance drink mix provides safe energy, replenishing electrolytes, vital nutrients and vegan branched-chain amino acids that help maintain and support the development and rebuilding of muscle tissue.*‡ EMPACT+ is designed to provide you with a range of physical and mental enhancements that power you through your workout—or your day's work—all in the convenience of a single fitness product containing clean energy.*†

2. I am allergic to citrus fruits; does EMPACT+ contain citrus?

Yes, EMPACT+ does contain citrus.

3. Can I drink EMPACT+ multiple times during the day?

Yes, EMPACT+ is the perfect all-day energy drink. Please use according to directions.

4. Does EMPACT+ contain any banned substances?

Our EMPACT+ is Certified Drug Free by the Banned Substance Control Group (BSCG). BSCG Certified Drug Free® provides protection against drugs on the World Anti-Doping Agency (WADA) Prohibited List as well as, prescription, over-the-counter (OTC), and illicit drugs not banned in sport. Find more at <https://www.bscg.org>

5. Why are electrolytes important while working out?

Electrolytes are minerals like, potassium, sodium and magnesium that athletes lose through sweat. When you sweat, water leaves the body and so do electrolytes. When the body is losing water, your body needs rehydration with water and electrolytes.

6. Is EMPACT+ safe for children?

EMPACT+ is safe for children 9 and up!

7. Why does EMPACT+ settle at the bottom of my water bottle?

EMPACT+ is scientifically formulated with an innovative Performance Blend that contains a mushroom complex; this blend can settle to the bottom if the drink sits for a period of time, this is why we suggest shaking your EMPACT+ drink before consuming. It is best if you drink EMPACT+ shortly after adding to water.

8. I feel that the flavor of the drink mix is too strong for my taste, can I use more water than what is recommended on the label?

Absolutely! You may find that using 12 to 16 ounces of water works best for you. We recommend drinking EMPACT+ cold, but it's great at room temperature as well!

†When using 1 stick in 8-10 oz of water, 2-3x per day.

‡When consumed both prior to and following workouts.

*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.