

Dave's Energy Formula & Energy Spray

- **Natural energy**
- **Mental alertness**
- **Adrenal support**

Energy Formula is a synergistic blend of nourishing and stimulant herbs designed to provide natural energy and support healthy adrenal function, especially the adrenal cortex which is responsible for long-term stress management.

How is Energy Formula different from regular caffeine products?

For natural energy, stimulant herbs such as Guarana, Mate Leaf and Kola Nut contain caffeine-like substances and other natural components which allow their energy-giving nutrients for sustained energy instead of the common "caffeine crash." Most caffeine products are made with isolated caffeine, meaning by itself and without nutrition which is hard on the adrenals and other body systems.

Why replace regular caffeine use with Energy Formula?

Replacing regular caffeine use with natural herbs in Energy Formula supports normal adrenal function for better stress symptom control and energy. In our fast-paced lifestyle, we consume caffeine products to give us more energy. It really does not; it exhausts the adrenals and is hard on digestion and kidneys too, draining your energy not to mention the dependence on caffeine for energy. When using Energy Formula, you not only get energy from stimulating herbs, but herbs that support the adrenals.

What do my adrenal glands have to do with energy and stress?

The adrenal glands, situated above the kidneys, function according to stress conditions. The more you are stressed the more adrenalin is produced in response (fight or flight) which can exhaust the nervous system. Herbs such as Licorice and Wild Yam support normal adrenal function. As you eliminate stress and develop a healthier lifestyle and diet, stimulants are no longer needed, nor will the body desire them.

Formula includes: Guarana seed, Mate leaf, Kola nut, Licorice root, Watercress, and Wild yam.

Testimonials:

Energy (Formula) helped me reduce and finally eliminate Diet Coke without headaches or other withdrawal symptoms. -*Marcia T*

Dave, thanks for an energy product that gives me energy without the pounding heart. I like the steady energy without a steep drop off at the end. -*Linda F*

I have been very pleased with Dave's "Energy." I watch eight kids, and it has seemed to help with my energy during the day. -*Leslie P*



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Herbal Formula

Guarana seed is an herb used traditionally in South American drinks for energy, menstrual headaches and mental alertness. It contains caffeine, theobromine, theophylline, and antioxidants, and is a central nervous system stimulant.

Kola nut is a stimulant herb traditionally used in Africa for headaches and energy. It contains caffeine, theobromine (nervous system stimulant), and tannins which tend to slow stimulating effects. Its particular effect is to improve digestion by helping the body break down fats. It also contains pranthocyanadins (antioxidant).

Licorice root has been used traditionally for supporting normal adrenal cortex and medulla function for symptoms of fatigue and healthy blood sugar. Licorice root also supports healthy stomach mucosal lining and digestive function as well as the respiratory system, and calms hoarseness.

Máte leaf is a popular South American drink used for energy. It contains caffeine and theobromine (stimulates the central nervous system), as well as flavonoids (antioxidants). It affects the liver by stimulating glycogen breakdown for immediate energy. It has been touted to have diuretic effects.

Watercress leaf has iodine which may support healthy thyroid function. It is one of the only land-living plants to contain useable amounts of iodine. Trace minerals support healthy endocrine system and adrenals. Watercress helps maintain healthy stomach mucosal lining as well as being soothing for the respiratory system. It has also been utilized for urinary tract health (mucosal lining).

Wild Yam root is a gas relieving herb supporting normal digestion, and may support the liver for joint, muscles, and connective tissue health. It supports healthy adrenal function and is described as an autonomic nerve relaxant.

Traditional herbal uses

- Diuretic
- **Energy**
- **Fatigue**
- Hoarseness
- **Mental alertness**
- Mucus membrane support
- Respiratory health
- Stomach mucosal lining
- **Stress support**