



Method 5 Fitness



M5 Performance: Energy

Powerful all-natural energy boost

What is it?

- M5 Energy helps you fight fatigue naturally. Its key ingredients improve mental clarity and help enhance your body's ability to produce energy, all without jitters or afternoon crashes. M5 Energy is your secret weapon for feeling great every day.



Problem

- Most energy drinks are full of synthetic caffeine and overloaded with sugars and artificial colors. While they may boost energy initially, the inevitable sugar and caffeine crash will leave you feeling worse than before. Most energy drinks are simply mega-doses of B vitamins, which may cause serious problems with long-term use—synthetic caffeine is quickly absorbed by the body and gives you a sharp increase in energy and then a quick crash, which can lead to adrenal gland burnout. The high sugar content in energy drinks can also increase weight gain.

Solution

- M5 Energy helps you fight fatigue with a combination of natural caffeine and adaptogenic herbs to enhance energy production and improve mental clarity. In addition to providing natural energy, Green Coffee Bean extract has been shown to support weight loss by slowing absorption of fat from food and boosting metabolism of extra body fat. Improve performance and enjoy sustained energy throughout the day, without the jitters or afternoon crash.

What's in it for me?

- Helps increase energy, naturally*
- Helps your body adapt to stress*
- Helps improve mental focus, clarity, vitality, and performance*
- Helps fight fatigue*
- Provides weight loss support through increased fat metabolism*

Active Ingredients, Proven Benefits

Adaptogenic herbs have been used for centuries in Chinese and Ayurvedic Medicine to increase energy, fight fatigue, and help your body adapt to stress. Adaptogenic herbs (Korean Ginseng, Siberian Ginseng, and Rhodiola Rosea) are used to improve

the health of your adrenal system, which manages your body's hormonal response to stress. They also help strengthen the body's response to stress and enhance its ability to cope with anxiety, fight fatigue and help your body "adapt" to stress. Adaptogens can calm you down and boost your energy at the same time without over stimulating. They enable the body's cells to access more energy; help cells eliminate toxic byproducts of the metabolic process and help the body to utilize oxygen more efficiently.

Green Coffee Bean extract has been shown to boost energy, spark metabolism, and burn fat. A combination of L-Theanine and caffeine have been shown to increase alertness, focus, and promote faster reaction time.

- Green Coffee Extract – GCE is a supplement made from green unroasted coffee beans and contains naturally occurring caffeine and chlorogenic acid (polyphenol antioxidant). Green Coffee Extract can boost energy, spark metabolism, and support weight loss by slowing absorption of fat from food.
- Rhodiola Rosea Extract – One of nature's best energy builders, Rhodiola helps increase energy production and give you a boost throughout the day. It is considered a potent adaptogen, meaning it helps the body adapt to environmental stresses and fight fatigue, enhance mental function, increase general wellness, and improve sports performance.
- Siberian Ginseng Extract – Also known as eleuthero, Siberian ginseng (*Eleutherococcus senticosus*) has been used for centuries in Eastern countries, including China and Russia. Siberian ginseng is also an adaptogen and increases energy, longevity, and vitality.
- Korean Ginseng (Panax Ginseng) – A popular herbal supplement that boosts energy levels and promotes mental clarity. Panax ginseng is used for improved thinking, concentration, memory, work efficiency, physical stamina, and athletic endurance.
- Wild Green Oat Straw Extract – An all-natural energy booster with no sugar or caffeine, which means no midday crash.
- L-Theanine – Water-soluble amino acid being researched for its stress-relieving effects. The combination of moderate levels of L-Theanine and caffeine significantly improved accuracy during task switching and self-reported alertness, as well as reduced self-reported tiredness.

*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.