

Everything You Ever Wanted to Know About ADD-INS

Performance Food Centers (PFC) works hard to make sure that the products and ingredients we bring you are the cleanest, purest, best natural and whole-foods based items on the market. While there are many supplements on the market, PFC has chosen to offer swiig Core Supplements as the Add-Ins to our Shakes and Smoothies. These supplements are a great way to help your customers achieve their health, wellness and performance goals. You can rest assured that swiig has built their brand on the philosophy of eating and living well with **ONLY** whole food ingredients and functional nutrients. Core Supplements never contain any synthetic or artificial junk and are blended for synergistic effect. One of swiig's philosophies is "you are what your food eats" – a principal that speaks to the depth of the transparency in their products and ingredients.

Get Energized Short & Long Term Energy, Naturally

Supplement Facts		
Serving Size: 1 scoop (5 g)		
Servings Per Container: 90		
Amount Per Serv. % Daily Value*		
Calories	20	
Total Carbs	5 g	<2%
Proprietary Blend	235 mg	
Kola Nut (Seed), White Willow Bark, Ginkgo Biloba (Leaves), Gotu Kola (Herb), Eleutherococcus Senticossus (Ginseng)		
* Percent Daily Values are based on a 2,000 calorie diet.		
† Daily Value not established		
Other Ingredients: Non-GMO Maltodextrin		

The Basics

Carbs are your body's primary source of energy and if you get the right kind of carbs at the right time, your energy level will stay high (infinitely high, in fact). Your body can only store a limited amount of carbs (glycogen), so you need to replenish it frequently (especially after exercise) or your body will steal from your muscles to maintain metabolic function. Adding Get Energized to your favorite shake is a great way to give your body the right carbs at the right time.

Get Energized is made up from a combination of nature's best energy foods including Eleuthero Root & Kola Nut which enhance mental & physical performance, and reduce fatigue & stress. Ginkgo Biloba enhances blood circulation and Gotu Kola energizes the central nervous system & rebuilds energy reserves. White Willow Bark works to reduce pain & inflammation, while Bee Pollen provides antioxidants to boost immunity and keep you energized throughout the day.

The human body requires protein, carbs and healthy fats to maintain proper metabolic function. Carbohydrates are a major part of many metabolic functions; they are nature's energy source and responsible for supplying the body with energy as well as the micro building blocks of life. When carbs are eaten, the body converts this macronutrient into glycogen to be stored in the muscles and liver to be used later when the body needs it. Carbs are critical to a healthy metabolic profile and sustained energy.

Carbohydrates also contain phytonutrients that are the powerful building blocks that work synergistically with vitamins, minerals, enzymes, etc. to build superior cells that communicate well.

Carbohydrates must be continually eaten so that the mitochondria of the cells can be supplied with the energy of foods (calories), to be converted to the chemical form of cellular energy called Adenosine Triphosphate (ATP). It is the mitochondria that act like batteries inside every cell producing ATP that serves as the currency for all energy needs of the entire body. The phytonutrients are necessary for rebuilding billions of cells daily!

Since the body can only store enough glycogen for an average day's activities or an intense 60-90 minute workout, glycogen stores must be replenished throughout the day or protein will be robbed from muscle to be converted into glycogen or glucose. This is commonly referred to a Catabolic (muscle-wasting) State.

Key Benefits

- Increases Stamina & Endurance
- Suppresses Stress & Fatigue
- Helps Increase Metabolism & Supports Fat-Burning
- Packed with Antioxidants

Key Ingredients

Kola Nut

Kola nut is a natural stimulant that boosts metabolism, suppress appetite, reduces fatigue, acts as a diuretic, and enhances mental and physical performance.

White Willow Bark

Willow bark contains a chemical called salicin that is similar to aspirin. It is used to reduce pain and inflammation.

Ginkgo Biloba Leaf

Ginkgo Biloba has been shown to enhance blood circulation and increase the supply of oxygen to the body, thus improving memory and relieving muscle pain. It has exhibited properties that help to reduce blood pressure, inhibit blood clotting and slow the progression of Alzheimer's disease in certain cases.

Gotu Kola Powder

Gotu Kola strengthens the adrenal glands, cleansing the blood, combats stress and depression, improves memory, energizes the central nervous system and rebuilds energy reserves.

Eleutherococcus Senticosus

Eleuthero root (*Eleutherococcus senticosus*) helps to regulate key hormones in the body related to stress, endurance, and overall energy levels. It is also a powerful analgesic (painkilling), anti-inflammatory, antioxidant, aphrodisiac, and immune-booster.