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› Ener-C Ener-IV Electrolyte Hydration & Energy Drink Mixed Berry Instruction Manual

Ener-C 873024001205

Ener-C Ener-IV Electrolyte Hydration & Energy Drink Mixed Berry Instruction Manual

Model: 873024001205

1. PRODUCT OVERVIEW

The Ener-C Ener-IV Electrolyte Hydration & Energy Drink in Mixed Berry flavor is a dietary supplement designed to support hydration, muscle recovery, and immunity. It is provided in convenient powder packets.

This product features a balanced blend of vitamins, minerals, and electrolytes, formulated for individuals seeking to replenish essential nutrients, particularly during physical activity or when increased hydration is beneficial.



Image: Ener-IV Electrolyte Drink Mix Mixed Berry packaging. This image displays the Ener-IV Electrolyte Drink Mix in Mixed Berry flavor, showing both the product box containing 12 packets and a single individual powder packet. The packaging highlights 'New Look, Same Formula' and key features like 'Full-spectrum Electrolytes' and 'Mixed Berry' flavor.

2. PREPARATION AND USAGE

Follow these steps to prepare your Ener-IV Electrolyte Drink:

1. **Step 1: Mix with Water**

Pour the contents of one Ener-IV powder packet into a glass or bottle. Add 4-6 ounces (approximately 120-180 ml) of water. Adjust water quantity based on desired flavor intensity; less water for a stronger taste, more water for a lighter taste.

2. **Step 2: Stir or Shake**

Stir thoroughly or shake the mixture until the powder is completely dissolved. The drink will fizz slightly upon mixing.

3. **Step 3: Enjoy**

Drink and feel refreshed.

Recommended Usage: Take 1 packet 2 times per day. Dissolve contents of 1 packet into 500ml (16 oz) of water and drink.

5mg ZINC

5 **ESSENTIAL
ELECTROLYTES
FOR HYDRATION &
MUSCLE RECOVERY**

250mg
**OF EASY TO
ABSORB VITAMIN C**

**COCONUT
WATER POWDER**



Image: Ener-IV powder dissolving in water. This image illustrates the mixing process, showing the powder being added to a glass of water, resulting in a fizzy beverage.

MIXED BERRY HYDRATION

Boost your performance with the perfect balance of vitamins, minerals, and 5 carefully selected electrolytes for serious hydration and muscle recovery with only 1g of sugar.

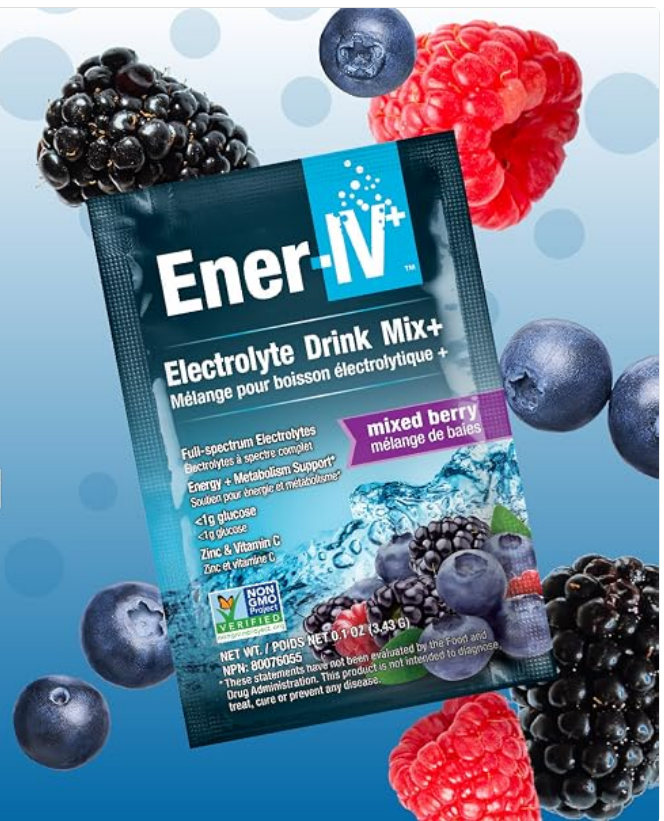


Image: Easy 1-2-3 preparation guide. This graphic visually outlines the three simple steps to prepare the Ener-IV drink: mixing with water, observing the fizz, and then consuming the beverage for refreshment.

3. KEY INGREDIENTS AND BENEFITS

Ener-IV is formulated with a comprehensive blend of ingredients to support various bodily functions:

- **Full Spectrum Electrolyte Blend:** Contains Sodium (125mg), Potassium (110mg), Calcium (50mg), Chloride (293mg), and Magnesium (50mg) to aid in serious hydration and muscle recovery.
- **Vitamin C (250mg):** An essential vitamin for immune support.
- **Zinc (5mg):** Contributes to immune function.
- **Glucose (800mg):** Aids in the body's absorption of electrolytes.
- **Real Fruit Juice & Coconut Water Powders:** Provides natural flavor and additional nutrients.

The product is designed to be clean and natural, free of artificial flavors and colors, gluten-free, vegan, and non-GMO.

JOIN THE VITAMIN REVOLUTION



Image: Full Spectrum Electrolyte Blend details. This infographic highlights the specific quantities of key electrolytes present in each serving: 125mg Sodium, 110mg Potassium, 50mg Calcium, 293mg Chloride, and 50mg Magnesium, all crucial for hydration and muscle function.



HYDRATE BETTER

- Full-spectrum electrolyte blend
- WHO formulation for optimal rehydration for the body
- Formulated with 800mg glucose for optimal absorption (no cane sugar)
- Calcium, Chromium, Selenium to support muscle function and recovery
- Vitamin C and Zinc for immune support
- All natural and Non-GMO certified

Image: Benefits of Ener-IV. This graphic illustrates the primary benefits of consuming Ener-IV, including enhanced immunity, natural energy support, improved recovery, and healthy hydration.

4. NUTRITIONAL INFORMATION AND DIETARY CONSIDERATIONS

Below is a summary of the nutritional facts and dietary attributes of Ener-IV Mixed Berry:

Supplement Facts (Per 1 Packet / 3.43 g)		
Nutrient	Amount Per Serving	% Daily Value*
Total Carbohydrates	1 g	<1%
Sugars	0 g	†
Vitamin C (as Calcium Ascorbate/Ascorbate de Zinc)	250 mg	417%
Calcium (as Calcium Ascorbate/Ascorbate de Zinc)	50 mg	5%
Magnesium (as Magnesium Citrate)	50 mg	12%
Zinc (as Zinc Ascorbate)	5 mg	45%
Selenium (as Selenium Citrate)	5 mcg	9%
Chromium (as Chromium Polynicotinate)	20 mcg	17%
Chloride (as Potassium Chloride/Chloride de Sodium)	293 mg	13%
Sodium (as Sodium Bicarbonate/Chloride de Sodium)	125 mg	5%
Potassium (as Potassium Chloride)	110 mg	3%
Citric Acid	580 mg	†

Nutrient	Amount Per Serving	% Daily Value*
Glucose (d-Glucose/d-Glucose)	800 mg	†

*Percent Daily Values are based on a 2,000 calorie diet. †Daily Value not established.

Non-Medicinal Ingredients:

Beet juice powder, coconut water powder, natural berry juice powder, natural berry flavor, stevia. Ingrédients non-médicaments: Poudre de jus de betterave, poudre d'eau de noix de coco, poudre de jus de baies naturel, saveur de baies naturelle, extrait de stévia.

Dietary Attributes:

Vegan: Suitable for vegan diets.

Gluten-Free: Does not contain gluten.

Caffeine-Free: Contains no caffeine.

Dairy-Free: Free from dairy ingredients.

Non-GMO Project Verified: Certified free from genetically modified organisms.

Directions (Adults): Take 1 packet 2 times per day. Dissolve contents of 1 packet into 500ml (16 oz) of water and drink.

Mode d'emploi (adultes): Prendre un sachet deux fois par jour. Dissoudre le contenu d'un sachet dans 500ml (16oz) d'eau et buvez.

For adult use only. Do not use if you are pregnant, breastfeeding or have gastrointestinal ulceration or obstruction. Do not use with other potassium-containing supplements or with potassium-containing salt substitutes. Consult a health care practitioner for use beyond 6 months. **Pour adultes seulement.** Ne pas utiliser si vous êtes enceinte, si vous allaitez ou si vous avez une lésion ou une obstruction gastro-intestinale. Ne pas utiliser avec d'autres suppléments contenant du potassium ou avec des substituts de sels contenant du potassium. Consulter un professionnel de la santé si l'usage se prolonge au-delà 6 mois.

Supplement Facts/Données sur le supplément		
Serving Size 1 Packet/Portion de 1 sachet (3.43 g)		
Amount Per Serving/Teneur par portion		% DV/VQ*
Calories/Calories	4	
Total Carbohydrates/Total des glucides	1 g	<1%*
Sugars/Sucres	0 g	†
Vitamin C/Vitamine C (calcium ascorbate/ascorbate de calcium, zinc ascorbate/ascorbate de zinc)	250 mg	417%
Calcium/Calcium (calcium ascorbate/ascorbate de calcium, calcium citrate/citrate de calcium)	50 mg	5%
Magnesium/Magnésium (citrate/citrate)	50 mg	12%
Zinc/Zinc (ascorbate/ascorbate)	5 mg	45%
Selenium/Sélénium (citrate/citrate)	5 mcg	9%
Chromium/Chrome (ascorbate/ascorbate)	20 mcg	57%
Chloride/Chlorure (sodium chloride/chlorure de sodium, potassium chloride/chlorure de potassium)	293 mg	13%
Sodium/Sodium (sodium chloride/chlorure de sodium)	125 mg	5%
Potassium/Potassium (potassium chloride/chlorure de potassium)	110 mg	3%
Citric Acid/Acide citrique	580 mg	†
Glucose/Glucose (d-glucose/d-glucose)	800 mg	†

*Percent Daily Values (DV) are based on a 2,000 calorie diet.
*Les pourcentages de valeur quotidienne (VQ) sont basés sur une alimentation de 2000 calories.
†Daily value not established. †Valeur quotidienne non établie.

Non-Medicinal Ingredients: Beet juice powder, coconut water powder, natural berry juice powder, natural raspberry juice powder, stevia. **Ingrédients non médicinaux:** Poudre de jus de betterave, poudre d'eau de noix de coco, poudre de jus de baies naturel, poudre de jus de framboise naturel, stevia.

Manufactured by Pauling Labs Inc.
Coquitlam, BC V3K 6C2
MADE IN CANADA
1.855.674.6676
www.ener-life.com

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DIETARY SUPPLEMENT : PM001093 REV0124

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VEGAN

GLUTEN-FREE

CAFFEINE-FREE

DAIRY-FREE

NON GMO Project
VERIFIED
nongmoproject.org

Image: Supplement Facts and Dietary Information. This image displays the detailed supplement facts panel for Ener-IV, including nutrient amounts and daily values, alongside icons indicating that the product is Vegan, Gluten-Free, Caffeine-Free, Dairy-Free, and Non-GMO Project Verified.

5. IMPORTANT SAFETY INFORMATION AND LEGAL DISCLAIMER

For adult use only.

Do not use if you are pregnant, breastfeeding, or have gastrointestinal ulceration or obstruction. Do not use with other potassium-containing supplements or with medications that can raise potassium levels. Consult a health care practitioner prior to use beyond 6 months.

Legal Disclaimer: *Statements regarding dietary supplements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease or health condition.*

6. PRODUCT SPECIFICATIONS

- **Brand:** Ener-C
- **Model Number:** 873024001205
- **Flavor:** Mixed Berry
- **Item Form:** Powder
- **Unit Count:** 1.45 Ounce (12 packets)
- **Item Weight:** 1.44 ounces
- **Product Dimensions (L x W x H):** 3.78 x 2.56 x 2.56 inches
- **Manufacturer:** Ener-C
- **Date First Available:** April 5, 2018
- **Diet Type:** Vegan
- **Age Range (Description):** All Ages (*Note: Refer to safety information for adult use only*)
- **Package Information:** Canister (*Note: Product is supplied in individual packets within a box, not a canister as per main image*)

7. TROUBLESHOOTING

This section addresses common inquiries regarding product usage.

- **Incomplete Dissolution:** If the powder does not dissolve completely, ensure you are using the recommended amount of water (4-6 oz for strong flavor, up to 16 oz for lighter taste) and stir or shake vigorously for at least 30 seconds. Some natural ingredients may settle, but continued stirring should help.
- **Flavor Intensity:** If the flavor is too strong, add more water. If it's too subtle, use less water.

8. CONTACT AND SUPPORT

For further assistance or inquiries, please refer to the manufacturer's official website or contact their customer support.

Manufacturer: Ener-C

Website: www.ener-c.com



