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Echelon sample_sku_4274

Echelon Pre-Workout Energy Drink

Watermelon Thai Chili - User Manual

1. Introduction

The Echelon Pre-Workout Energy Drink is formulated to provide sustained energy, enhanced focus, and improved endurance for your workouts and daily activities. This 12-pack of Watermelon Thai Chili flavored drinks is designed with key ingredients like caffeine, L-theanine, and beta-alanine to support peak performance.



Image 1.1: Echelon Pre-Workout Energy Drink, Watermelon Thai Chili flavor, 12-pack.

2. Important Safety Information

WARNING: Statements regarding dietary supplements have not been evaluated by the Food and Drug Administration (FDA) and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

- **Consult a Physician:** Always consult a physician or qualified healthcare professional before using this product, especially if you have any pre-existing medical conditions, are taking any medications, or have concerns about your health.
- **Recommended Dosage:** Do not exceed **1 serving (1 can)** within a 24-hour period. Exceeding the recommended dose will not improve results and may lead to adverse health effects.
- **Not for Sensitive Individuals:** This product is not recommended for individuals sensitive to caffeine.
- **Age Restriction:** Not intended for use by individuals under the age of 18.
- **Pregnancy and Nursing:** Do not use if you are pregnant or nursing.
- **Keep Out of Reach of Children:** Store this product safely away from children.
- **Discontinue Use:** If you experience any adverse reactions, such as rapid heartbeat, dizziness, severe headache, or

shortness of breath, discontinue use immediately and seek medical attention.

3. Ingredients and Nutritional Information

Echelon Pre-Workout Energy Drink contains a blend of active ingredients designed to support energy and performance. Below is the detailed Supplement Facts panel and a list of key ingredients.



Image 3.1: Supplement Facts for Echelon Pre-Workout Energy Drink.

Key Active Ingredients Per Serving (1 Can - 355 mL):

- **Caffeine (from Green Coffee Bean):** 300 mg
- **L-Theanine:** 200 mg
- **Beta-Alanine:** 3,200 mg
- **L-Citrulline:** 3,000 mg
- **N-Acetyl-L-Tyrosine:** 1,000 mg
- **Vitamin C (as Ascorbic Acid):** 18 mg (20% DV)

- **Vitamin B6 (as Pyridoxine Hydrochloride):** 0.82 mg (50% DV)
- **Vitamin B12 (as Methylcobalamin):** 2.4 mcg (100% DV)

Other Ingredients:

Carbonated Water, Citric Acid, Natural Flavors, Malic Acid, Natural Thai Chili Pepper Extract, Sucralose.

4. How to Use (Operating Instructions)

For optimal results, follow these usage guidelines:

- **Serving Size:** Consume one (1) can (8.4 fl oz / 355 mL) per serving.
- **Timing:** Drink approximately 15-30 minutes before your workout or any activity requiring sustained energy and focus.
- **Frequency:** Do not consume more than one can within a 24-hour period.
- **Best Served:** For the best taste experience, serve chilled.

Note on Beta-Alanine: Within the first 10 minutes of consumption, you may experience a tingling sensation (paresthesia), commonly referred to as the 'pins and needles' effect. This is a normal and harmless reaction to Beta-Alanine, an amino acid known to improve muscular endurance.

5. Product Features and Benefits

The Echelon Pre-Workout Energy Drink is engineered to deliver a comprehensive performance boost:

- **Sustained Energy & Focus:** A synergistic blend of 300mg of caffeine and 200mg of L-theanine provides potent, focused energy without the typical jitters or crash.
- **Enhanced Endurance:** Contains 3200mg of Beta-Alanine, an amino acid studied for its ability to improve muscular endurance and reduce fatigue during high-intensity exercise.
- **Thermogenic Support:** The Watermelon Thai Chili flavor includes a subtle spicy kick from Thai Chili, which contains capsaicin, a thermogenic active that may help boost metabolism.
- **Vegan Formula:** Suitable for individuals following a vegan diet.



Image 5.1: Focused energy benefits with 300mg Caffeine and 200mg L-Theanine.



Image 5.2: Description of the Watermelon and Thai Chili flavor blend.

6. Storage and Maintenance

To maintain the quality and efficacy of your Echelon Pre-Workout Energy Drink:

- **Storage Conditions:** Store in a cool, dry place away from direct sunlight.
- **Temperature:** Avoid extreme temperatures.
- **Refrigeration:** While not required, refrigeration after opening (if not consumed immediately) is recommended for taste, but consume promptly.
- **Expiration Date:** Refer to the expiration date printed on the packaging for best quality.

7. Troubleshooting

If you encounter any issues or have concerns while using this product:

- **Adverse Reactions:** If you experience any unexpected or severe side effects, discontinue use immediately and consult a healthcare professional. Refer to Section 2 for more safety information.
- **Beta-Alanine Tingling:** The 'pins and needles' sensation from Beta-Alanine is normal and harmless. If it is too intense, try consuming the drink with a small amount of food, or consider reducing the serving size (though this is not recommended as per safety guidelines). This sensation often diminishes with continued use.
- **Lack of Effect:** Ensure you are consuming the product as directed. Individual responses to supplements can vary. Ensure adequate hydration and nutrition alongside supplement use.

8. Specifications

Attribute	Detail
Product Name	Echelon Pre-Workout Energy Drink
Flavor	Watermelon Thai Chili
Package Quantity	12 Cans
Item Volume (per can)	8.4 fl oz (355 mL)
Caffeine Content (per can)	300 mg
Specialty	Vegan
Package Dimensions	9.06 x 7.76 x 5.31 inches
Package Weight	7.21 pounds
UPC	850029599258
Model Number	sample_sku_4274
Manufacturer	Flavor Insights

9. Support and Contact Information

For further information, support, or inquiries regarding your Echelon Pre-Workout Energy Drink:

- **Official Website:** Visit www.drinkechelon.com/learn-more for more details about Echelon products.
- **Amazon Brand Store:** Explore the Echelon brand store on Amazon: Echelon Store.
- **Manufacturer:** Flavor Insights.

Please have your product's UPC (850029599258) and model number (sample_sku_4274) available when contacting support.

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