



Natural Energy Boost

A long-lasting, flavourful energy shot made with naturally sourced, plant-based caffeine and adaptogens.

Intermittent fasting with the assistance of botanical herbs has been practiced for centuries in eastern medicine and the western world is finally catching up. Originally formulated in 2002, Cleanse for Life is a powerful drink packed with ancient botanical herbs and is designed to be used as an aid to gently assist ridding the body of impurities during intermittent fasting (or Cleanse Days, as we like to call them) or any day on the Isagenix System.

- 35 calories per serving
- Fuel your everyday and athletic activities
- Plant-based caffeine from green tea and yerba mate boosts energy without causing jitters
- Natural botanicals and adaptogens that help your body adapt to stress and keep you performing at your best
- No artificial colours, sweeteners or flavours

When should I use e+?

Whether you're about to hit the gym or simply need a mental boost to combat that 3:00pm slump at work, e+ provides natural energy at any time of the day.

How does e+ increase endurance and stamina?

Adaptogens have been studied in athletes for decades and have been shown to support increased energy production and improved endurance by decreasing the perception of effort and elevating cardiovascular function. Research also shows a benefit to exercise performance after consuming caffeine.

How many e+ can I have in a day and how long will the effects last?

e+ is fast acting and can increase energy that may last for hours. As our ingredients are natural, effects may vary between individuals. We recommend using half of a bottle (30mL) for moderate energy and one whole bottle (60mL) for maximum energy; maximum of two bottles daily.

To find out how e+ works for you, drink half of a bottle, hold it in your mouth to savour the taste, wait 10 minutes and then decide if you want more. If you have any medical conditions, are pregnant, nursing, diabetic, on medication or otherwise have any concerns of if e+ is right for you, please check with your physician before taking this or any supplement.

What makes e+ unique?

Unique in its formulation, e+ contains natural caffeine derived from green tea and yerba maté along with a blend of botanicals and adaptogens that increases energy, stamina and mental alertness. No other energy shot on the market contains our proprietary adaptogenic botanical blend that helps provide the simultaneous boost to energy and physical performance.

How does e+ enhance cognitive function?

e+ may have beneficial effects on cognitive function mainly due to the natural caffeine and adaptogenic botanicals contained in each serving. Rhodiola, eleuthero root and schizandra berry have all shown to increase speed and accuracy during stressful cognitive tasks. Caffeine has also been found to improve alertness.



Flavour Options



Raspberry



Lemon Lime

