

NUTRITIONAL FACTS & INFO

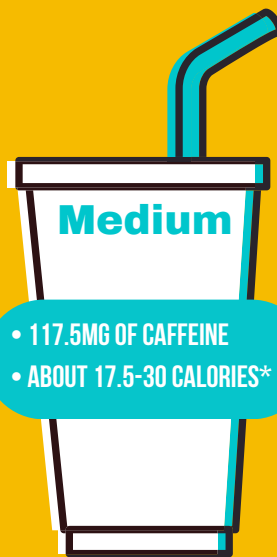
LAKEFRONT ENERGY



TEAS

Benefits

- VITAMIN C, B1, B2, B3, B5, B6, B7, & B12
- SUGAR-FREE
- ANTIOXIDANT SUPPORT
- BOOSTS METABOLISM & ENERGY
- PANAX GINSENG FOR SUPPORTING BRAIN FUNCTION, ACCELERATING MEMORY RECALL, AND HELPING REDUCE THE FEELING OF MENTAL FATIGUE
- L-TAURINE, GUARANA EXTRACT, AND INOSITOL PROVIDING NUMEROUS HEALTH BENEFITS



+ MILK:

ALMOND MILK: 7.5 CALORIES

2% MILK: 32.5 CALORIES

WHIPPING CREAM: 100 CALORIES

*WITHOUT MILK

Collagen Beauty Booster

Strawberry lemonade flavor

- SUPPORTS SKIN ELASTICITY AND REDUCTION OF FINE LINES AND WRINKLES
- SUPPORTS HAIR & NAIL GROWTH WITH BIOTIN
- 20 CALORIES

*CANNOT BE MIXED WITH PROLESSA OR CONSUMED TOGETHER WITHIN 30 MINUTES

H3O

orange flavor

- CONTAINS ELECTROLYTES SUCH AS POTASSIUM, SODIUM, AND MAGNESIUM
- SUPPORTS RAPID HYDRATION & REPLACES ELECTROLYTES LOST IN SWEAT
- CONTAINS VITAMIN C & E
- 60 CALORIES
- 12G OF SUGAR

Immunity Essentials

- FORMULATED WITH EPICOR TO SUPPORT AND STRENGTHEN IMMUNE HEALTH
- EPICOR ACTS LIKE A MULTIVITAMIN FOR YOUR IMMUNE SYSTEM
- EXCELLENT SOURCE OF ZINC, VITAMINS C & D
- 10 CALORIES

ADD ONS

Probiotic

- HELPS TO PROVIDE BALANCE TO GOOD AND BAD BACTERIA, IMPROVING GUT HEALTH

NRG

- 40MG OF CAFFEINE
- EXTRA ENERGY BOOST
- REDUCES FATIGUE
- INCREASES MENTAL ALERTNESS AND CONCENTRATION

Aloe

- SUPPORTS DIGESTION
- SOOTHES THE STOMACH
- SUPPORTS NUTRIENT ABSORPTION & INTESTINAL HEALTH
- CLEANS OUT TOXINS FROM THE KIDNEYS

CR7

- ENHANCES HYDRATION
- 320MG OF VITAL ELECTROLYTES LOST DURING EXERCISE
- GOOD SOURCE OF ZINC, VITAMIN C, D, & B12
- BRAIN-FUELING GLUCOSE HELPS PROMOTE QUICK AND ACCURATE GAME-TIME DECISION MAKING
- 50 CALORIES
- 9G OF SUGAR

Beverage Mix

Wild berry or peach mango flavor

- 7.5G OF PROTEIN
- HELPS CREATE AN INCREASED FEELING OF FULLNESS
- 70 CALORIES

*CANNOT BE MIXED WITH PROLESSA OR CONSUMED TOGETHER WITHIN 30 MINUTES

COFFEES

NUTRITIONAL FACTS ARE APPROXIMATE
CALCULATIONS WITHOUT TOPPINGS

Small

- 50 CALORIES
- 8G OF PROTEIN
- 40MG OF CAFFEINE
- 1G OF SUGAR

Medium

- 100 CALORIES
- 15G OF PROTEIN
- 80MG OF CAFFEINE
- 2G OF SUGAR

Mega

- 130 CALORIES
- 20G OF PROTEIN
- 105MG OF CAFFEINE
- 3G OF SUGAR

SHAKES

NUTRITIONAL FACTS ARE APPROXIMATE
CALCULATIONS WITHOUT TOPPINGS

Small

- 100 CALORIES
- 12G OF PROTEIN
- 9G OF CARBS
- 2-10G OF SUGAR
- 24 VITAMINS & MINERALS

Medium

- 200 CALORIES
- 24G OF PROTEIN
- 17G OF CARBS
- 5-15G OF SUGAR
- 24 VITAMINS & MINERALS

Mega

- 255 CALORIES
- 32G OF PROTEIN
- 20G OF CARBS
- 5-20G OF SUGAR
- 24 VITAMINS & MINERALS

WORKOUT

Prepare Pre-Workout

- SUPPORTS HEALTHY BLOOD FLOW
- ENHANCES FAST-TWITCH MUSCULAR CONTRACTIONS
- HELPS MAINTAIN FOCUS & PERFORMANCE

ADD ONS

Prolessa Duo

- HELPS REDUCE CALORIE INTAKE & CONTROL HUNGER
- HELPS DECREASE BODY FAT
- 60 CALORIES

SNACKS

Loaded Bubble Waffles

ICE CREAM (SUGAR OR SUGAR-FREE)

SUGAR-FREE SYRUPS

TOPPINGS (NOT SUGAR-FREE)

PROTEIN

Energy Bites

PEANUT BUTTER

OATS

CHOCOLATE CHIPS

HONEY

PROTEIN