



sho ENERGY+: B Vitamins & Matcha

Versatile and suitable for all lifestyles including a vegan diet, sho[®] ENERGY+ fuels energy of body and brain for your work and workout. Dairy free, gluten free, artificial free.

Quick and sustained energy boost without jitters so that you are at your best performance all day long.



- B vitamins play an important role in food metabolism and nerve functions. Stress, anxiety, imbalanced diet, aging... could all lead to B vitamin deficiency with symptoms such as low energy, poor memory, moodiness, fatigue, and other issues.

- B12 is extremely important for nerve and red blood cell formation, and it is only available from animal foods. Taking vitamin B12 with Folic Acid for an extended period of time has been shown to [improve cognitive functions like memory performance](#).

- Vitamin B9, or Folate, is essential for the development of a fetal brain and nervous system, important for women at childbearing age. Research has shown its role in [cognitive performances and metabolic functions](#).



- B6 is needed for neurotransmitters in the brain. A daily dose of 20 mg for cognitive performance is recommended by [Mayo Clinic](#).

- Matcha (a delicate type of Green Tea Extract) contains potent antioxidants of catechin polyphenols, one of which is Epigallocatechin Gallate (EGCG), effective in calorie-burning metabolism and reducing free radical formation.

- Matcha with natural caffeine releases balanced, sustained energy with calm and focus, and without jitters.

- Easily customizable to fit your lifestyle and performance needs, you can simply titrate up or down the number of Spheri-Gels that you'd like to take everyday.

- Vegetarian. Free of gluten, wheat, dairy, nuts, fish, shellfish, eggs, sweeteners. Lecithin contains a small trace of soy protein.

- Highest quality ingredients sourced from the most reputable global companies: B vitamins from the global-leading life and material science company, [DSM](#). Green tea extract from Japanese matcha specialist, [Maruzen](#).



Fights fatigue, poor memory, brain fog.*
 B vitamins at clinically effective doses.
 Plus Matcha for sustained energy, no jitters.
 Easy to swallow Spheri-Gels.
 Patented daily-tracking dispenser.

Supplement Facts		
Serving Size: 2 Spheri-Gels™		
Servings Per Container 30		
	Amount Per Serving	%DV
Vitamin B1 (Thiamine)	4.2mg	267%
Vitamin B2 (Riboflavin)	4.8mg	282%
Vitamin B6 (Pyridoxine HCL)	20mg	1000%
Folic Acid (B9)	600ug	150%
Vitamin B12 (Cyanocobalamin)	50ug	833%
Green Tea Extract (Matcha)	40mg	+
>47% Polyphenol EGCG		
Caffeine	40mg	+
+Daily Value not established		

Other Ingredients: Veggie gelcap (modified cellulose), Lecithin, Rice wax, Glycerin fatty acid ester.

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.