

FAQ

Q: What are the benefits of Spryng™?

A: • Improves recovery from exercise*
• Boosts strength and energy*
• Increases mental focus*

Q: How do you recommend using Spryng?

A: Add 1 stick packet to 10-12 fl oz of water. Stir or shake until dissolved.

Q: What makes Spryng different from sports and energy drinks?

A: Spryng provides the recovery support you need to improve your athletic performance, replenish electrolytes, and reduce muscle soreness after exercise.*

Q: Should I eat food before consuming Spryng?

A: No, you do not need to eat food before consuming Spryng.

Q: What are the key ingredients in Spryng?

A: The key ingredients in Spryng are L-citrulline, coconut water, ElevATP, and Palatinose.

Q: I don't like the flavor of Spryng, but I love the benefits. What can I do?

A: We recommend mixing Spryng with Xypstix to improve the flavor and overall effect of the product.

Q: What flavors is Spryng available in?

A: Spryng is available in two flavors, Lemon Lime and Tropical Fusion. Other than the delicious flavors, there are no differences in the ingredients.

Q: Where is Spryng made?

A: Spryng is made in the United States in a GMP (Good Manufacturing Practices)-compliant facility.

Q: Does Spryng contain fish or shellfish?

A: No, Spryng does not contain any fish or shellfish products.

Q: Does Spryng contain soy?

A: No, Spryng does not contain any soy or soy byproducts.

Q: Does Spryng contain nuts?

A: Yes, Spryng contains coconut.

Q: Does Spryng contain dairy?

A: No, Spryng is dairy-free.

Q: Does Spryng contain gluten?

A: No, Spryng is gluten-free.

Q: Does Spryng contain caffeine or stimulants?

A: No, Spryng is stimulant-free.

Q: Is Spryng vegan-friendly?

A: No, Spryng is vegetarian-friendly, but not vegan-friendly.

Q: Can you use Spryng if you are pregnant or nursing?

A: We recommend consulting with your physician about any supplement if you are pregnant or nursing.

*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.