

## What is Spryng?

Spryng™ is a supplement that provides the recovery support you need to improve your athletic performance, replenish electrolytes, and reduce muscle soreness after exercise. Available in Lemon-Lime and Tropical Fusion flavors.\*

## Benefits and Features

- Improves recovery from exercise\*
- Boosts strength and energy\*
- Increases mental focus\*

## Key Ingredients

- L-Citrulline
- Coconut water
- ElevATP
- Palatinose

## FAQ

**Question:** Does Spryng contain caffeine or stimulants?

**Answer:** No, Spryng is stimulant-free.

**Question:** Should I eat food before consuming Spryng?

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

**Question:** Who should drink Spryng?

**Answer:** Whether you're an athlete looking to improve exercise recovery, or just looking for increased energy and mental focus, Spryng is for you!

## Directions

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



## Supplement Facts

Serving Size: 1 stick packet (10 g)  
Servings Per Container: 15

	Amount Per Serving	%DV
Calories	25	
Total Carbohydrates	6 g	2%
Sugars	5 g	†
Includes 5g Added Sugars		10%
Vitamin C (as ascorbic acid)	500 mg	556%
Niacin	20 mg	125%
Vitamin B12 (as cyanocobalamin)	50 mcg	2,083%
Magnesium (as magnesium citrate)	100 mg	24%
Potassium (as potassium citrate)	400 mg	9%

<b>Spryng™ Proprietary Blend</b>	7,138 mg	†
Isomaltulose (Palatinose™), Coconut (coconut water), L-Citrus line malate, L-Glutamine, elevATP® (ancient peat extract, apple extract), Ashwagandha root extract, Alpha GPC, Co Enzyme Q10, Lycium berry 10:1 extract, Cordyceps fungi extract (cordycepic acid)		

Percent Daily Values (DV) are based on a 2,000 calorie diet.  
† Daily Values (DV) not established.

### Other Ingredients:

Tropical Fusion Flavor: Natural pineapple flavor, silica, and stevia leaf extract.

Contains: Coconut and soy.

Lemon-Lime Flavor: Citric acid, natural lemon-lime flavor, rebaudioside A, silica.

Contains: Coconut and soy.

## Complementary Products



Xypstix™

Accelerate™

Lean™

\*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.