
A memo from the desk of Dr. Rody

Dr. Rody Hawkins, Ph.D.

Re: What is Guarana and why do we use it in the Synergy Stick?

Guarana is a plant found commonly in Brazil and it produces a fruit which is about the same size of a coffee berry. Brazil uses Guarana extensively in soft drinks, as it is more popular than cola. Like coffee, tea and chocolate, the Guarana fruit contains caffeine and tannin. The Synergy Stick uses the Guarana fruit to provide the unique flavor and those beneficial results from a natural caffeine source. Because the caffeine is natural to Guarana, the release of caffeine will continue for an extended period of time. The earliest effects of caffeine will occur within the first 30-45 minutes after enjoying the Synergy Stick.

However, the lingering effect of caffeine will last over 5 to 10 hours. Caffeine has the following effects on energy release:

- It is readily absorbed by the brain and reduces the effects of stress and fatigue and increases alertness,
- Increases the breakdown of fats into fatty acids that can readily be converted into energy,
- Dilates the blood vessels to increase the flow of blood to the muscles and the brain.

Our caffeine is a natural source that is released more gradually into the body for the benefit of long term energy with little chance for a sudden crash.

Rody