



## Lightning Rod Energy Beef Stick

Nutrition Facts	
Serving Size 1 Stick (27g)	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 60
% Daily Value*	
<b>Total Fat</b> 6g	<b>10%</b>
Saturated Fat 3g	<b>14%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 310mg	<b>13%</b>
<b>Total Carbohydrate</b> 4g	<b>1%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 3g	
<b>Protein</b> 6g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Nutritional data verified by  
**RDI Foods Inc**



**Ingredients:** Beef, Brown Sugar, Salt, Dextrose, Guarana, Flavorings, Spices, Panax Ginseng, Corn Syrup, Lactic Acid Starter Culture, Sodium Nitrite

Our proprietary blend of ingredients delivers an amazing 60 mg of caffeine per stick and at about 1oz it represents 3/4th of what it takes the full consumption of an 8oz can of the leading energy drink to provide! In addition, the delivery via a delicious and nutritious beef stick naturally containing protein/amino acids/B vitamins will reduce the spike and subsequent drop off of our caffeine promise, thus enhancing the experience in a more sustained effect. The inclusion of Ginseng at 90mg exceeds most energy drink claims. At these specific levels, Lightning Rods provide a true Synergy of Energy Enhancers!

