



Product Information Page

Fire&Ice™

Thermogenic Support Drink Pineapple Flavor

Boost energy and natural thermogenesis with Fire&Ice, developed to help quench your thirst, aid in weight maintenance, and provide you with prolonged energy. Fire&Ice utilizes a low-glycemic blend of organic fruits, vitamins, minerals, and buffered caffeine in a tasty pineapple flavor, to help you stay energized all day long. *

PRODUCT DESCRIPTION

Fire&Ice is a powerful, health-conscious alternative to unhealthy drinks, crafted to hydrate, energize, and support wellness. Fire&Ice uses green tea and buffered caffeine to give both an immediate and sustained energy boost and activate natural fat-burning processes. It can support your healthy metabolism with B vitamins like thiamin, riboflavin, niacin, biotin, B6, and B12, which help convert carbohydrates into usable energy while reducing fatigue. *

This blend includes vitamin B6 to help curb hunger and enhance fat use, supporting healthy weight maintenance. Fire&Ice uses chromium, along with a blend of fruits to help regulate blood glucose and enhances sweetness with natural stevia for a refreshing taste. Immune-boosting vitamin C supports overall wellness, helping you feel good, and enjoy each day. *

DIRECTIONS

► Empty 1 packet into 12–16 oz of water and mix well.

Do not use more than 1 serving at a time. May be used up to 3 times per day.

Add ice, if desired, for a cool refreshing drink. Store in a cool, dry place.



INGREDIENT FEATURES & BENEFITS

- **Metabolic Support:** Green tea supports the body's natural thermogenic processes, which may enhance fat burning. B vitamins—thiamin, riboflavin, niacin, biotin, B6, and B12—help convert carbohydrates into energy and aid in healthy glucose metabolism. *
- **Weight Maintenance:** Vitamin B6 helps the body utilize and store energy from protein and carbohydrates, reducing hunger and promoting fat burning. Natural sweeteners like stevia make it easy to achieve your weight goals with a refreshing taste. *
- **Blood Glucose:** Chromium, along with a low-glycemic blend of organic fruits, vitamins, and minerals, can help support healthy blood glucose levels. *
- **Immune System Support:** Antioxidant vitamin C can help protect cells from damage, supporting a strong immune system. *
- **Extended Energy:** Buffered caffeine can provide a slow release of caffeine for a prolonged energy boost, while green tea caffeine offers a more immediate feeling of increased energy. *

**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.*



THERMOGENIC

Supports fat burning and weight loss.



METABOLISM

Encourages improved metabolic rate.



ENERGY

Buffered caffeine provides sustained energy without the crash.



IMMUNITY

Packed with antioxidants from Vitamin C for stronger immunity.

INGREDIENTS

Net Weight: 5.9 oz (168 g) • 30 Packets

Supplement Facts

Serving Size: 1 Packet (5.5 g)

Servings Per Container: 30

Amount Per Serving		% DV
Calories	15	
Total Carbohydrate	4 g	1%*
Total Sugars	3 g	**
Vitamin C (as Ascorbic Acid)	500 mg	556%
Thiamin (as Thiamine Mononitrate)	15 mg	1250%
Riboflavin	20 mg	1538%
Niacin (as Niacinamide)	35 mg	219%
Vitamin B-6 (as Pyridoxine HCl)	6 mg	345%
Vitamin B-12 (as Methylcobalamin)	0.22 mcg	9%
Biotin	100 mcg	333%
Pantothenic Acid (as Calcium Pantothenate)	12 mg	240%
Copper (as Copper Gluconate)	0.1 mg	11%
Chromium (as Chromium Picolinate)	100 mcg	286%
Potassium (as Potassium Citrate)	150 mg	3%
Proprietary Blend:	217 mg	**
Buffered Caffeine (Caffeine, Mono and Diglycerides), Green Tea (leaf) Extract, Caffeine		

* Percent Daily Values are based on a 2,000 calorie diet

** Daily Values not established

OTHER INGREDIENTS: Fructose, Natural Flavors, Citric Acid, Stevia (Leaf)

Extract, Malic Acid, Silicon Dioxide, Black Currant.

WARNING

If you are pregnant, nursing, under 18 years old, taking prescription medication, or have a pre-existing condition, consult your healthcare provider before taking this product. Keep out of reach of children. Discontinue use and consult with your healthcare provider if any adverse reactions occur. Do not use if sachet is torn or not sealed.

Contains 115 mg of buffered caffeine per serving. Do not consume caffeinated drinks within 2 hours of taking this product.

