

sho Nutrition Energy+: Natural Energy Boost with Light Caffeine

written by Mike Roberto | February 13, 2017



Back in January, we introduced you to **sho Nutrition**, and their founder Joy Wang. sho is leading the charge on new ways to enhance your health and vitality with their unique spheri-gel delivery system. We've previously discussed the brand's digestive aid, **Balance**, and today we're featuring the sho's energy boosting supplement

Energy+ packages natural caffeine, green tea extract and a full complement of B Vitamins to enhances natural energy production, food metabolism, and nervous system health.

But beyond that is its easy-to-handle, patent-pending dispenser and super small, easy-to-swallow softgels!

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Energy+ Ingredients

Energy+ combines a host of B vitamins to support the body's natural energy production plus green tea extract and a dash of caffeine for some extra "oomph" to get you going in the morning, or whenever!

Note: Doses listed below are based on one serving (i.e. 2 spheri-gels)

- **Vitamin B1 (4.2mg)**

Supplement Facts		
Serving Size: 2 Spheri-Gels™		
Servings Per Container 30		
	Amount Per Serving	%DV
Vitamin B1 (Thiamine)	4.2mg	267%
Vitamin B2 (Riboflavin)	4.8mg	282%
Vitamin B6 (Pyridoxine HCL)	20mg	1000%
Folic Acid (B9)	600ug	150%
Vitamin B12 (Cyanocobalamin)	50ug	833%
Green Tea Extract (Matcha)	40mg	+
>47% Polyphenol EGCG		
Caffeine	40mg	+
+ Daily Value not established		

Other Ingredients: Veggie gelcap (modified cellulose), Lecithin, Rice wax, Glycerin fatty acid ester.

Energy+ uses a combination of natural B Vitamins plus caffeine to boost your energy levels from all angles.

Also known as thiamine, Vitamin B1 plays a vital role in energy metabolism. As such, it's also a prominent player in the growth, development, and function of all cells in the body.[1] Additionally, thiamine also supports nervous system health as it supports structural integrity of brain cells.

- **Vitamin B2 (4.8mg)**

Vitamin B2, a.k.a. Riboflavin, also supports energy production in the body, as

do all B vitamins, but, this B vitamin also acts as a powerful antioxidant in the body – meaning it helps combat oxidative damage caused by free radicals.

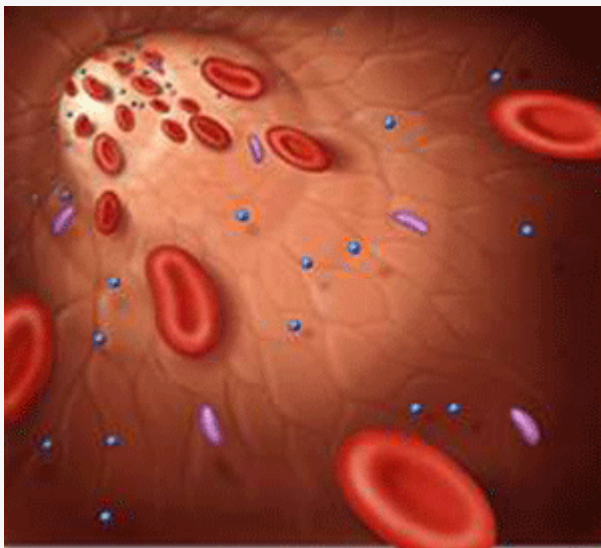
Also of note, is the fact that Riboflavin may help stop migraines. Research has shown that this multi-faceted B vitamin may reduce how often individuals get migraines and how long their respective migraines last.[2]

- **Vitamin B6 (20mg)**

Vitamin B6 may be the ultimate “brain health” B vitamin. It’s required for the creation of several neurotransmitters in the brain, but more importantly, it’s shown to support memory, learning, and BDNF expression.[3]

Additionally, Vitamin B6 also works with our next two B vitamins to support the body’s production of red blood cells.

- **Folic Acid (600µg)**



sho Energy+ not only boosts energy levels, but also helps support heart health, mood, and cognitive function!

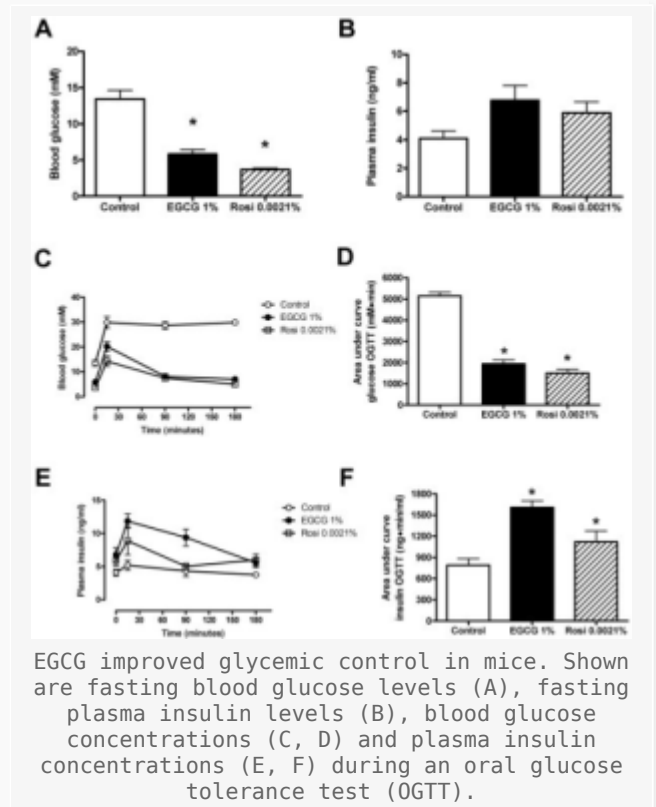
Folic Acid, also displayed as Vitamin B9 works in conjunction with Vitamins B6 and B12 (as well as other nutrients) to regulate blood levels of the amino acid homocysteine. Elevated levels of homocysteine are associated with heart disease[4], so having some extra folic acid in your diet may lower risks associated with developing this disease.

Folic acid may also help boost mood too, as some research has indicated that it can be used in the treatment of depression.[5]

- **Vitamin B12 (50µg)**

Vitamin B12, much like our previous two vitamins, are necessary for nerve and red blood cell formation. Interestingly enough, B12 is different from the previous vitamins in that it is *only available* from animal foods. Consuming Vitamin B12 with Folic Acid for an extended period of time has been noted to enhance cognitive functions like memory performance.[6]

- **Green Tea Extract (40mg)**



Matcha Green Tea Extract is loaded with polyphenols and antioxidants. Best known of these catechin polyphenols is Epigallocatechin Gallate (EGCG). The benefits of green tea are well established for their cardiovascular and fat-burning benefits. Most notably, green tea extracts have been shown to improve fat oxidation and thermogenesis[7], which not only supports energy production in the body, but also helps with weight loss!

- **Caffeine (40mg)**

Last but not least, we have the premier energy-boosting ingredient on earth, good old caffeine! Now, the amount in each serving isn't enough to send you through the roof, but it is sufficient to provide a pleasant pick-me-up or "get moving" boost in the morning that won't have you crashing later or feeling jittery.

This is an energy supplement that *anyone* can take. While many of the most extreme stimulant-users (who often read this site) like more, there's a great contingent of people out there who want just a small bit of energy – say, the strength of a cup of tea or so. Dare we even say, this is an energy supplement you could give to your great Aunt!

Dosing

sho offers two dosing suggestions based on your needs:

- For sustained energy release: consume 2 Spheri-Gels daily
- For intense physical and mental performance: consume 4 Spheri-Gels daily

Don't forget sho Nutrition's Patent-Pending, Easy-to-Use Delivery System



The reason sho *originally* caught our eye, though, was actually the *packaging!* Joy created a dispensing system to help you keep track of your doses, especially when using it on a daily basis. What you do is switch the lever to the notch that denotes today (ie Monday through Sunday), then you squeeze the tab and get a softgel!

Also, if you hate swallowing supplements, fear not – these softgels are tiny and incredibly easy to swallow.

You can find out more on our main sho Nutrition post. Very cool technology and best of luck to Joy in getting the patent!

Takeaway

Take a look around the market today, and everything is geared towards giving you more energy, or getting you “hyped up.” The problem is, most of these products are nothing more than a truckload of caffeine and other stimulants. sho Energy+ provides a more natural, holistic solution to naturally enhance your energy levels and productivity throughout the day that won’t leave you feeling “bottomed out” by day’s end.

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References