

AWAKENING®

NATURAL ENERGY & FOCUS†

Guarana Extract
Oxygen 7® Enzyme Complex
Red Panax Ginseng

OXYGEN
NUTRITION®

FREQUENTLY ASKED QUESTIONS

DIRECTIONS:

As a dietary supplement, take 1-2 capsules as needed in the morning and mid-afternoon or as directed by your health care physician. Do not exceed 2 capsules in any 3-hour period.

IS IT SAFE?

Absolutely it's safe. It is a nutrition supplement – NOT A DRUG! During the last 20 years, thousands of health professionals and pharmacies have sold over 90,000,000 capsules of Awakening around the world. Every ingredient is on the United States FDA's GRAS list for safety. In fact, Awakening could not be sold here in the United States if it was not safe.

WHAT IS IN IT?

Awakening contains uniquely blended, natural enzymes, herbs, botanicals as well as over 70 energy-boosting ionic minerals. The product has a proven track record of safety and effectiveness!

CAN I TAKE AWAKENING IF I AM TAKING DRUGS OR MEDICINES?

If you are taking any drugs, if you are pregnant, if you are lactating, if you have allergies or if you are contemplating a new diet or exercise program, you should always check with your health care physician. Awakening is a nutritional supplement and should not replace any medicines without you first consulting with your health care physician.

CAN I STILL TAKE MY VITAMINS THAT I TAKE EVERY DAY?

Absolutely you can. Awakening is a nutritional supplement. You should always check with your health care physician if you are contemplating a new diet or exercise program.

I AM GOING IN FOR SURGERY CAN I STILL TAKE AWAKENING?

That is a good question! You should always check with your health care physician.

I AM ON CHEMO THERAPY CAN I STILL TAKE Awakening?

That is a good question! You should always check with your health care physician.

CAN I TAKE Awakening AT ANY TIME?

It is advisable to take it anytime you need a boost and should be taken at least 4-hours before trying to sleep.

THE LABEL INDICATES IT HAS CAFFEINE. IS IT SAFE TO TAKE?

The caffeine in Awakening is primarily a naturally occurring caffeine that does not give you the shakes or jitters like processed, anhydrous caffeine, found in most energy drinks. Awakening contains a safe amount of guaranine, which has a similar structure to caffeine but does not let you down like anhydrous caffeine and is arguably much safer. By law, Oxygen Nutrition is compelled to put a caffeine warning on the label. After almost 20 years Awakening has proven to be safe & effective!

Caffeine: Has had over 50 peer-reviewed studies from all over the world. It is one of the most studied ingredients. This is why it is on the FDA's GRAS list of safe ingredients. There is a certain amount that determines its safety but, unfortunately, too many companies process and use excessive amounts of it in their products, as is the case with many energy drinks, that can be unsafe and even addictive.

WHERE IS AWAKENING MADE?

Awakening is made in the USA, under stringent conditions, where absolute safety protocols and standards are met. The lab is a GMP qualified lab. GMP represents the optimum standard for manufacturing.

WHY DO YOU FEEL YOUR PRODUCT AWAKENING IS BETTER THAN ENERGY DRINKS?

First of all our product being in a capsule is more time released than energy drinks, which are liquids, composed mostly of water, processed sweeteners and anhydrous caffeine. Our results are as powerful, if not more so because of the time-release aspect of absorption. The energy and stamina lasts almost twice as long without a huge letdown that comes from sugar & caffeine! Awakening is more than just energy. It is loaded with nutrition that provides dietary support for your immune system, bone health, circulation, memory, concentration and vision health. Awakening also is dietary support for breast and prostate health as well as libido. Awakening is great support for the skin, hair and your nails. Awakening is a nutrient dense product where energy is just one of many benefits.

The Food & Drug Administration has evaluated none of the above statements. This product is not intended to diagnose, treat, cure, or prevent any disease.

Cautions: A serving of Awakening contains naturally occurring caffeine comparable to a cup of leading premium coffee. In some people, caffeine products may contribute to (but not limited to) nervousness, sleeplessness, and occasional rapid heartbeat. Do not take if you are pregnant or nursing, or under 12 years of age. If you are on medication, have any medical condition, or are beginning a weight control program, consult your physician before using this product or any other dietary supplement. Keep out of reach of children. Discontinue use if allergic reaction occurs. Store in a cool, dry place.