



Can't BEET This!

What Is Can't BEET This!?

Can't BEET This! is an organic, pre-workout beet root juice blend.

What's In It?

Organic Beetroot – High amounts for minerals, vitamins and phytonutrients, which aid blood circulation, athletic performance and have even been tied to aiding or supporting a healthy response to inflammation. Beets also contain a high concentration of nitrates, a molecule that improves the efficacy of cells and mitochondria (energy-producing molecules). Because of this, beets support blood pressure, circulation and energy. These nitrates are converted to nitric oxide in your body, which helps level blood pressure and circulation. In addition, the nitrates improve the efficiency of your body's energy-producing molecules (mitochondria).

Brown Rice Syrup Solids - Naturally produced, hypoallergenic and gluten-free, made up of complex carbohydrates that are stored in muscles long after consumption, providing sustained energy. The solids also act as a sweetener, without increasing blood sugar levels.

Organic Lemon – Great source of Vitamin C and potassium, may support healthy blood pressure levels and even help ease breathing.

Organic Coconut Water Powder – Great source of potassium and hydration. Coconut water comes from the inside of a coconut and contains nutrients and antioxidant properties.

Organic Pomegranate – Beneficial for the heart and may support healthy blood pressure levels.

Organic Brown Rice Extract – May support healthy function of cardiovascular, digestion, brain and nervous systems.

Organic Maca Root Powder - An amazing source of energy that has gained widespread attention for its role in supporting healthy function of both male and female libido, and fertility. The supplied nutrients are aptly utilized by the body's endocrine system.

L-Malic Acid – Helps support energy production and carries out reactions in the body. It may also assist muscle performance and mental focus, while also reducing fatigue.

Organic Monk Fruit Extract – Also known as Lo Han Guo. It is in the same family as cucumber, squash and melons. The extract is nearly 300 times sweeter than sugar and does not affect blood sugar. This fruit has been consumed in China for centuries.

Cordy-Gen®* Organic Cordyceps Mushroom - Made famous by Chinese runners and swimmers who smashed world records in the 1992 Olympics after using these legal and safe mushrooms during their fierce training. Cordyceps help provide energy and also supports immune systems.





Practitioners of traditional Chinese medicine have used cordyceps to help aid patients with fatigue and other ailments.

Organic Panax Ginseng - A unique, valuable and adaptogenic herb, containing ginsenosides. Published evidence has shown that many potential benefits are being validated and confirmed by scientific method, including athletic endurance and a healthy response to stress (both physical and emotional).

Organic Eleuthero Root - A relative of ginseng, this herb is also considered an “adaptogen” – meaning it adapts to help your body either relax or have energy, depending on what it needs. Eleuthero is also thought to help increase mental acuity and is considered a great source of stamina and endurance for athletes. May also support the liver in the cleansing of harmful toxins.

Organic Yerba Mate Leaf – Energizing and may help increase mental function. Contains very small amounts of caffeine.

Rhodiola Rosea Extract -Thought to be helpful for reducing stress. This herb has been used for centuries throughout Asia. This may also help to support a healthy immune system, boost energy and promote feelings of wellbeing.

Organic Moringa Leaf – Improves oxygen to muscles. Taking it before a workout helps tune up the body with naturally occurring nutrients like B vitamins that make your energy last longer. This may also support increased flexibility.

Organic Guar Gum - A fiber that helps normalize the moisture content of stool. It may also help encourage healthy amounts of blood lipids and decrease appetite.

Natural Flavorings (Orange, Guava, and Passion Fruit) – Natural flavoring that have been approved by organic agencies to be used in organic products. This means the flavors cannot be produced using synthetic solvents, carrier systems or any artificial preservative or sourced from anything containing GMOs or using ionizing radiation. These flavorings are based in acacia gum.

Organic Coffeeberry^{*} Whole Coffee Fruit Extract** - Coffee whole-fruit extract utilizing the non-roasted whole fruit of the coffee plant, not just the bean. This contains natural coffee caffeine. Compounds found in coffee berry whole fruit extract include caffeic acid, chlorogenic acid, organic acid, trigonelline and essential monosaccharides. It is an antioxidant that may provide blood sugar and immune system support and promote a healthy response to inflammation. Polysaccharides, such as mannans and arabinogalactans, are present in the dry weight of the powder. Conventional roasting destroys these nutrients, so they’re not found in traditional brewed coffee.

Cordy-Gen^{®} is a registered trademark of Gourmet Mushrooms, Inc.



**Organic Coffeeberry® is a registered trademark of New Chapter.

Suggested Use

Mix 2 scoops of powder with 8-12 oz. of water or coconut water and drink 30 minutes before a workout. For maximum effectiveness, take on an empty stomach. Can't BEET This! may also be used as a post-workout recovery drink or anytime a natural energy boost is needed by mixing 1 scoop with 6-8 oz of water or coconut water. Do not exceed 4 scoops per day. Each scoop contains 20mg of naturally occurring caffeine. The average cup of coffee contains around 95mg of caffeine, with select brands going even higher.

Why Do We Make It?

Beet roots are vegetables, chock full of beneficial vitamins and phytonutrients, including nitrates. These properties allow beets to aid with blood circulation and athletic performance—a market that is filled with artificially-filled products.

The current sports and energy drink industry offers drinks with potentially harmful and out-right dangerous ingredients. Ingredients like high fructose corn syrup and sucrose syrup can promote high blood pressure, obesity and even type 2 diabetes. Other ingredients include excessive amounts of caffeine, taurine and vitamins, which can be detrimental to your health—with reported heart, blood and artery conditions. Despite this, the industry is forecast to reach almost \$61 billion in 2021.

Can't BEET This! sets itself apart from the pack, offering consumers a trusted source of pure, natural and sustained energy without dangerous and artificial ingredients.

Dave Sandoval's Product Pairing Suggestions

Dave suggests pairing Can't Beet This! with the following:

- Green Spectrum (Original or Lemon): helps provide pH and oxygen level support from green veggies
- Bee Energetic: helps provide healthy adrenal support
- White American Ginseng: help provide stable energy

Allergens

This product is gluten-free and vegan. Flavorings (orange, guava, and passion fruit) are based in acacia gum.

Certifications

Can't BEET This! is Non-GMO Project verified. This product is certified Quality Assurance International (QAI) organic.



Purchase Information

To purchase Can't BEET This!, [click here](#).

To purchase Can't BEET This! in the Core 4 – Athletes pack, [click here](#).

To purchase Can't BEET This! in the 10-Day Transformation – Athletes, [click here](#).

To purchase Can't BEET This! in the Combo Pack – Athletes, [click here](#).

Product Information

<https://vimeo.com/234143074>

<http://blog.puriumcorp.com/2017/05/10/the-health-beet/>

Related Information

If you have a medical condition, are pregnant, lactating or taking medication, consult your health care professional before using this or any other nutritional supplement.

FDA Statement

These products and statements have not been evaluated by the Food and Drug Administration. These products and statements are not intended to diagnose, mitigate, treat, cure, or prevent any disease.

Studies and support:

<https://www.healthline.com/nutrition/benefits-of-beets#section1>

