



# YardEnergy

Daily Energy Support



**30**

**VEGAN  
CAPSULES**

**Nutraceutical**

 **YardLabs<sup>TM</sup>**

# Why does the body need Energy?

Energy is essential for your body as it helps in proper functioning. Your body gets energy from food, which is stored as chemicals. The process of breaking down food components into simpler forms to provide energy is called catabolism. The body uses this energy from food to anabolism, which is the process of repairing and building your body.

There are several factors for the amount of energy an individual needs for example – age, sex, body composition, physical activity, stress etc.

# What are the functions of Energy in your body?

Your body needs energy for many functions, they are:



Growth & maintenance of cell and tissue



For physical activity and movements



Thermoregulation



Cellular integrity



New tissue Synthesis



Maintaining the homeostasis

# Why do Indians lack energy in their body?

There are many reasons why Indians are lack of energy :

## Diet

Indians mostly consume processed and unhealthy foods which may lead to deficiencies of vital nutrients in the body.

## Physical inactivity

50% of Indian adults lack physical activity because of sedentary office work, and lack of time and motivation.

## Sleep habits

according to the GISS report it is found

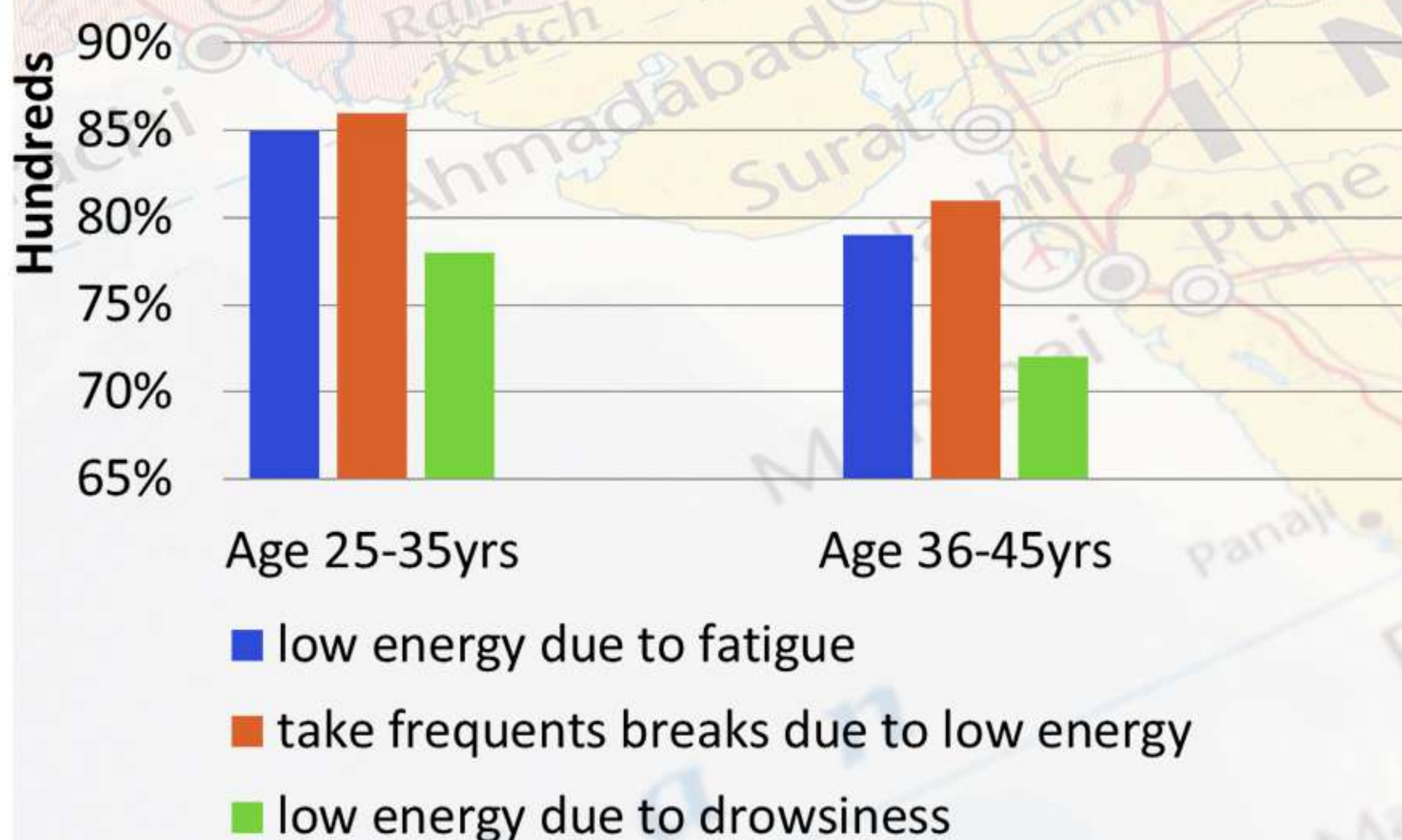
46% of people in Kolkata, Mumbai and Delhi stay up late from their ideal bedtime.

61% of people in Gurugram wake up feeling tired.

60% of people in Delhi are more sleepiest during the workday.

**Low Energy Level of India :** The survey states that 96% of Indians feel they are lack of micronutrients, resulting as low energy level. Most of the Pune & Bangalore people are suffering from low energy level.

### Low energy level of male & female



# YardEnergy



Yard Energy will increase the level of energy in your body and will improve your daily activities.



Natural caffeine



co-enzymes Q10



Piper nigrum



Vitamin D3



L-arginine



# YardEnergy

## Importance of caffeine extract

Caffeine stimulates or increases the activity of your brain and nervous system. It is a psychoactive stimulant that affects the central nervous system. It boosts the energy level of the body and also improves concentration by stimulating the central nervous system. It enhances athletic performance by increasing body metabolism.

## Importance of Co-enzymes

CoQ10 acts as an antioxidant, which protects cells from damage and plays an important part in your metabolism. It will help to convert food into energy and improve the heart health.

## Importance of Piper nigrum

Piper nigrum (black pepper) is a spice that's used in cooking and traditional medicine. It's also known as the "King of Spices". It is anti-inflammatory and antioxidant, anti-cancer, anti-diabetic, anti-microbial, anti-depressant, enhances bioavailability, and helps to aid digestion.

## Importance of Vitashine® Lichen extract Vitamin D3 Powder

Vitamin D is a fat-soluble vitamin. It helps to regulate the amount of calcium and phosphate in the body. Vitamin D3 is needed to keep bones, teeth and muscles healthy. It has vegan source Lichen (algae) which is safe to use by all.

## Importance of L-arginine

L-arginine is an amino acid. It gets converted in the body into a chemical called nitric oxide which helps to maintain blood flow throughout the body.

# YardEnergy



## Core Benefits



Boost up energy.



Improves heart and liver health



## Other benefits:



Maintain energy



Reduce Weight.



More focus, more concentration.



Liver improvement



Enhance athletic performance.



Improve muscles health.



Enhance nutritional absorption.



Respiratory relief.





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## How To Use?

1 Capsule after breakfast





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