**What is a ON Energy shot?**

ON energy shots are dietary supplements that can help you feel energized and alert for hours. They contain a special blend of essential B vitamins, amino acids and nutrients — all with zero sugar and Zero calories.

**How much caffeine is in an ON ENERGY shot?**

Shots contain about as much caffeine as 8 ounces of the leading premium coffee.

**What are the best times to take ON ENERGY® shot?**

The simple answer is **“When you’re tired.”** Depending on your lifestyle, here are additional ideas of when you may want to take ON ENERGY® shot:

**When you get up:** Not a morning person? Is coffee not doing it for you anymore? Try waking up and taking ON ENERGY® shot. It’s a great way to start your day off feeling alert and energized.

**After lunch**: Tired of that 2:30 FEELING®? You’re not alone. In fact, research shows that more than 70 percent of us hit the wall after lunch. Let ON ENERGY® shot help you leap over that wall instead of crashing into it.

**Before your workout**: Want to get in shape but having trouble staying motivated? Make ON ENERGY® shots part of your lifestyle and get the energy boost you need to get fit.

**During sports:** Don’t just get in the zone; stay there longer with ON ENERGY® shots’ combination of an energized feeling of clarity and alertness.

**When traveling**: Anyone who travels frequently knows how tiring it can be. Whether you’re on business or on vacation, ON ENERGY® shot can help you stay alert and energized wherever you may be headed.

On weekends: Weekends can be busy. So, grab ON ENERGY® shot when you’re “on the go” and get the boost you need to tackle your “to-do” list.

**ON Energy Shot Character**: Its Sexy, Active, Cheerful that make you activate things ON back on track.