

Evolve Fuel for Your Health

I've been wanting to share my second favorite Evolv product: [Fuel](#). It is a lemony yellow drink that replaces my craving for coffee in the morning, gives me super energy, and provides me with a great sense of calm.

Fuel has 82g of caffeine from green tea extract, natural lemon flavor, no artificial sweeteners, or flavors, or colors. I heard they use turmeric for the yellow color. It is super sweet, so sometimes I drink it in the afternoon rather than having something with sugar.

Adenosine Triphosphate (ATP) is produced naturally in your body's cells and helps the body transfer energy. Evolv's revolutionary ingredient in Fuel is ElevATP™ which can increase blood ATP levels as much as 64% with no increase in lactic acid and no increase in free radicals (oxidative stress). [Read the study](#).

Fuel comes as a powder that you add to 10 or more ounces of water. [Read more about Evolv products](#). Or let me know if you are interested in a sample, as I'm always happy to share my beloved Fuel!