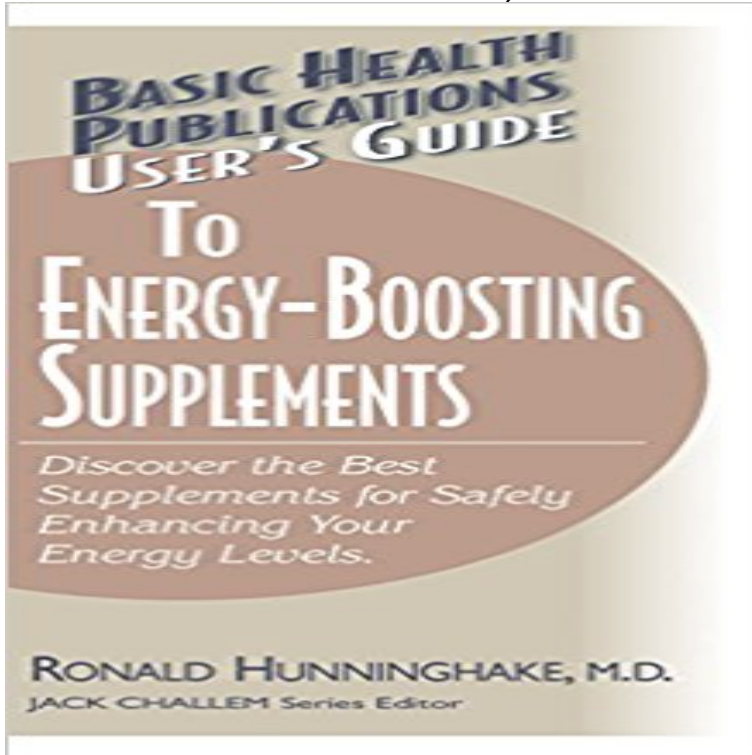


# Users Guide to Energy-Boosting Supplements: Discover the Best Supplements for Safely Enhancing Your Energy Levels (Basic Health Publications Users Guide)



Anyone who feels more tired than they should and winds up feeling fuzzy headed from eating so-called energy foods, will likely benefit from the several supplements that boost energy levels, which are discussed in this Users Guide. Coenzyme Q10, alpha-lipoic acid, and carnitine are vitamin-like nutrients, not stimulants. They work by helping the body burn the foods consumed for sustained energy. This Users Guide also offers eating tips to help readers maintain high energy levels and to avoid feeling tired after meals.

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