



Tanya Miszko Kefer, is the owner of [30 Minutes of Everything](#) in Accord, NY. Tanya holds a Master's Degree in both Exercise Physiology & Acupuncture in addition to a Doctorate Degree in Exercise Science & Gerontology. She is a Certified Strength and Conditioning Specialist by the National Strength and Conditioning Association, and says "I love that Punch'd provides me with a convenient, natural caffeine kick that I can carry in my bag! My clients have a pack before their workouts or during their day when a cup of coffee isn't possible."

Punch'd Energy is based in Livermore, California and was founded in 2015. The United States-issued patent for the product is: US 2017/0258799A1 and this Made in USA product is gluten free, dairy-free, soy-free and allergen-free with low calories and carbohydrates. Visit the website to order or for more information: [www.PunchdEnergy.com](http://www.PunchdEnergy.com). You can also post in social media with a packet to be included on the #PeopleWall. For media inquiries, contact Brian Hoek at [brian@pinstripesmedia.com](mailto:brian@pinstripesmedia.com) or through the website [www.PinstripesMedia.com](http://www.PinstripesMedia.com)

Brian Hoek  
Pinstripes Media, LLC  
301.787.3743  
email us here



John passionately runs this small, family run business.



Punch'd Energy packets are powerful and portable; just like Pinstripes Media.

This press release can be viewed online at: <http://www.einpresswire.com>

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