



PRE-WORKOUT

A DIETARY SUPPLEMENT

Pre-Workout is a pre-work out energy drink that supports endurance.*

Pre-Workout combines ingredients that provide a surplus of powerful energy in preparation for intense workouts while avoiding the common "sugar crash" halfway through a workout. With the reduced dependency on elevated blood glucose, and a ready and sustainable supply of "instant energy" from creatine phosphate stores, DMG and amino acids you'll experience greater stamina, endurance and faster recovery.*

Pre-Workout Supports:

- Cardiovascular output*
- Exercise tolerance*
- Muscle strength and recovery*
- Oxygen utilization*
- Athletic performance and endurance*

About the ingredients:

Chromium is a mineral that plays a role in the metabolism of glucose, and is necessary for energy production.* Chromium polynicotinate binds the elemental chromium to niacin (vitamin B-3). This provides a form of chromium which is designed to support absorption by the body.

DMG is a metabolic enhancer that helps the body overcome various forms of stress such as aging, poor oxygen availability, free radical damage and a weakened immune system.* As a methyl donor it contributes methyl groups to keep ATP levels high.*

Kre-Alkalyn® is a patented and buffered form of creatine which means that it is processed at a higher pH level than regular creatine. The higher the pH level the less acidic the conditions. Buffering prevents creatine from breaking down to the byproduct creatinine. Slowing or stopping the conversion of creatine to creatinine helps the body absorb more creatine. Kre-Alkalyn® does not cause water retention or a bloated look.

L-Glutamine is an amino acid found in large amounts in the muscles and is readily available when needed for the synthesis of skeletal muscle proteins. For this reason it is a beneficial amino acid for body builders and to help prevent muscle wasting that can accompany prolonged bed rest or illness.* It also plays a role in protecting the body from high levels of ammonia and maintaining proper acid-base (pH) balance.*

L-Carnitine supports heart function by transporting fatty acids from the blood through to the mitochondrial membranes and into heart cells so the fatty acids can be converted into ATP*. The heart requires a constant supply of ATP in order to provide enough energy for it to keep beating regularly.

R-Alpha Lipoic Acid is a very stable form of alpha lipoic acid. It is a potent antioxidant and free radical scavenger.* Athletes need antioxidant protection to help reduce free radical damage to muscles during times of work out and stress.* Exercise causes oxidative stress, which can be countered by antioxidants. Aside from its antioxidant properties R-Alpha Lipoic Acid supports energy production because it is a cofactor for enzymes needed to make ATP (cellular energy)*.

Taurine is an amino acid that helps regulate the level of water and mineral salts in the blood. Taurine is also thought to have antioxidant properties which can help to reduce the oxidative stress induced by exercise.*

Vanadium (as Vanadyl Sulfate) is a mineral that plays a major role in the transfer of blood sugar (glucose) to the muscles (the function of insulin)*

Supplement Facts

Serving Size One Scoop (10 g)

Each Serving Contains

Calories	40
Total Carbohydrates	3 g
Protein	6 g
Calcium	23 mg
Iron	0.11 mg
Chromium (as Cr Polynicotinate)	300 mcg
Sodium	10 mg
L-Glutamine	3,000 mg
Kre-Alkalyn® (Buffered Creatine)	1,500 mg
DMG HCl	500 mg
R-Alpha Lipoic Acid	50 mg
Taurine	200 mg
Vanadium (as Vanadyl Sulfate)	1 mg
L-Carnitine Tartrate	500 mg
Stevia Leaf Extract	50 mg

Other Ingredients: raspberry fruit powder, strawberry fruit powder, natural raspberry flavor, citric acid, natural strawberry flavor, pineapple fruit powder, red beet juice powder (for color), digestion resistant maltodextrin, silica, tricalcium phosphate.

Warning: If pregnant or nursing, consult your healthcare practitioner before taking this product.

Suggested Use: As a dietary supplement, mix one scoop (10 g) in 6-8 oz of water prior to physical activity, or as directed by your healthcare practitioner.



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