

# PREPARE + ENERGIZE + ENDURE™

Fuel every movement with VITAL PERFORMANCE™ PRE, a uniquely tailored pre-workout that's packed with functional ingredients to help you conquer larger-than-life fitness goals. Collagen Peptides and branched-chain amino acids (BCAA) work to support muscles and joints while creatine nitrate and elevATP® support enhanced power output. Caffeine from Coffeeberry® coffee fruit extract acts as an energy booster to keep you going strong. Are you ready to take your performance to the next level?\*

|                       |                       |                 |                        |
|-----------------------|-----------------------|-----------------|------------------------|
| 5G Collagen           | 5G BCAA               | 3G Citrulline   | 2.5G Betaine Anhydrous |
| 1.5G Creatine Nitrate | 1.5G Arginine Nitrate | 150MG Alpha GPC | 140MG Caffeine         |
| 150MG Elev ATP®       | 500MG L-Carnitine     | 3:1:1 BCAA      | No Added Sugars**      |

per serving

**VP** [vitalproteins.com](http://vitalproteins.com) #stayvital

\*\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



Lot CL195 18:02 001307  
Best By: 08-27-2021

Notice: Use this product as a food supplement only. Do not use for weight reduction.

PREPARE+  
ENERGIZE



5G COLLAGEN

5G BCAA

3G CITRULLINE

per serving



VITAL  
PERFORMANCE™

PRE

YUZU CLEMENTINE

FLAVORED WITH OTHER NATURAL FLAVORS

|                  |                  |          |
|------------------|------------------|----------|
| ALPHA GPC        | CAFFEINE         | ELEVATP® |
| CREATINE NITRATE | ARGININE NITRATE |          |

DIETARY SUPPLEMENT

NET WT 13.5 OZ (383 g)



## Supplement Facts

Serving Size 2 Scoops (27g)  
Servings Per Container About 14

|                                                                 | Amount Per Serving | % Daily Value |
|-----------------------------------------------------------------|--------------------|---------------|
| Calories                                                        | 40                 |               |
| Total Carbohydrate                                              | 4 g                | 1%            |
| Protein                                                         | 5 g                | 0%            |
| Vitamin C                                                       | 45 mg              | 50%           |
| Niacin                                                          | 8 mg NE            | 50%           |
| Vitamin B6                                                      | 1.7 mg             | 100%          |
| Pantothenic Acid                                                | 2.5 mg             | 50%           |
| Sodium                                                          | 120 mg             | 5%            |
| Collagen Peptides (from bovine)                                 | 5 g                | **            |
| 3:1:1 BCAA Blend (L-Leucine, L-Isoleucine, L-Valine)            | 5 g                | **            |
| L-Citrulline                                                    | 3 g                | **            |
| Betaine anhydrous                                               | 2.5 g              | **            |
| Creatine Nitrate (NO3-T®)                                       | 1.5 g              | **            |
| Arginine Nitrate (NO3-T®)                                       | 1.5 g              | **            |
| N-acetyl-L-Carnitine                                            | 500 mg             | **            |
| AlphaSize® (Alpha-Glycerol Phosphoryl Choline)                  | 150 mg             | **            |
| elevATP® (ancient peat extract, apple fruit extract)            | 150 mg             | **            |
| Caffeine (from 200 mg Coffeeberry® Energy coffee fruit extract) | 140 mg             | **            |

\*Percent Daily Values (DV) are based on a 2,000 calorie diet  
\*\*Daily Value not established

**Other Ingredients:** Natural flavors, Himalayan pink sea salt, monk fruit extract, ascorbic acid (Vitamin C), citric acid, malic acid, fruit and vegetable juice powder (for color), niacinamide (Vitamin B3), D-calcium pantothenate (Vitamin B5), pyridoxine hydrochloride (Vitamin B6)

Manufactured by: Vital Proteins LLC, 3400 Wolf Road Ste. 200, Franklin Park, IL 60131

^^Not a low calorie food. See nutrition information for sugar and calorie content.

This product is manufactured in a facility that processes milk, fish, and tree nuts.

**Directions:** Combine 2 scoops with 12 fl oz of water, mix thoroughly. Consume 15-30 minutes prior to workout.

**Storage Information:** Store in a cool, dry place

Do not use if safety seal is broken or missing.

KEEP OUT OF REACH OF CHILDREN

Consult your physician before using this product if you are taking any medications or are under a physician's care for a medical condition. Not for use by those under the age of 18, women that are pregnant, trying to get pregnant, or nursing, or those that are sensitive to caffeine. Do not consume caffeine from other sources while taking this product as too much caffeine may cause nervousness, irritability, sleeplessness, and occasionally rapid heartbeat.

DO NOT USE if you are currently taking nitrates for chest pain or if you are taking medication to treat erectile dysfunction such as PDE-5 inhibitors.

elevATP® and Coffeeberry® are registered trademarks of VDF FutureCeuticals, Inc. elevATP® is protected by US Patent No. 9,327,005. Coffeeberry® products are protected by one or more of the following patents: U.S. Nos. 6572915, 7754263, 7807205, 7815959, 8597710, 8603563, and 8603564. AlphaSize® is a registered trademark of Chemi Nutra.

NO3-T® is a registered trademark of ThermoLife International LLC, this mark covers the use of one or more patents listed as [www.NO3-T.com/patents/](http://www.NO3-T.com/patents/).

### TYPICAL AMINO ACID PROFILE

(From BCAA blend, Arginine and naturally occurring amino acids in collagen)

|                |          |                |          |
|----------------|----------|----------------|----------|
| Alanine        | 366 mg   | Lysine¹        | 154 mg   |
| Arginine       | 1,379 mg | Methionine¹    | 27 mg    |
| Aspartic Acid  | 298 mg   | Phenylalanine¹ | 95 mg    |
| Glutamic Acid  | 560 mg   | Proline        | 519 mg   |
| Glycine        | 930 mg   | Serine         | 154 mg   |
| Histidine¹     | 36 mg    | Threonine¹     | 86 mg    |
| Hydroxylysine  | 54 mg    | Tryptophan¹    | 0 mg     |
| Hydroxyproline | 515 mg   | Tyrosine       | 23 mg    |
| Isoleucine¹    | 1,068 mg | Valine¹        | 1,108 mg |
| Leucine¹       | 3,131 mg |                |          |

¹Essential Amino Acids

²Branched-Chain Amino Acids (BCAAs)

Contains 8 of 9 Essential Amino Acids



Packaged by weight, not volume. Settling may occur. FILL LINE →

© 2019 Vital Proteins LLC All Rights Reserved.