

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



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: CL201 16:53 017733
Best By: 12-18-2021

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

WATERMELON BLUEBERRY

FLAVORED WITH OTHER NATURAL FLAVORS

ALPHA GPC	CAFFEINE	ELEVATP®
CREATINE NITRATE	ARGININE NITRATE	

DIETARY SUPPLEMENT

NET WT 13 OZ (369 g)



Supplement Facts

Serving Size 2 Scoops (26g)
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, monk fruit extract, Himalayan pink sea salt, ascorbic acid (Vitamin C), fruit and vegetable juice powder (for color), citric acid, malic acid, 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. 6,572,915, 7,754,263, 7,807,205, 7,815,959, 8,597,710, 8,603,563, and 8,603,564. AlphaSize® is a registered trademark of Chemo 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/.

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
Isoleucine¹¹	1,068 mg	Valine¹¹	1,108 mg
Leucine¹¹	3,131 mg		

¹Essential Amino Acids

¹¹Branched-Chain Amino Acids (BCAAs)



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