



Do not use if seal is broken.

ADVANCED PRE-WORKOUT NUTRITION

PRE™ is an advanced pre-workout formula for athletes of all levels looking to intensify their workout performance. PRE™ is designed to provide functional cellular energy, increased mental focus, and a metabolic boost with no adverse side effects.** For an outstanding workout performance, stack PRE™ with CON-CRET® Patented Creatine HCl® to ensure your workout ends as strong as it began.

MAY 2019



- Boost functional energy*
- Increase strength & endurance*
- Supports increased mental focus*
- Free of banned substances
- Stackable with CON-CRET®
- *When used as directed



Natural Alternatives International (NAI) is the owner of patents as listed on www.carosyl.com and registered trademark Carosyl®.

CON-CRET® products are protected by U.S. patents. Notice listed at www.vincosystems.com/patents under 35 U.S.C. § 287(a).

Manufactured by Viteo Systems, Inc., 382 Williams Ave., Madison, TN 37115 USA • Questions? Call 1-855-442-6498

Promera Sports®, CON-CRET® and CON-CRET REINFORCED® are registered trademarks of Viteo Systems, Inc.

Manufactured in the USA from domestic and international ingredients.

www.promerasports.com

• 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.

ADVANCED PRE-WORKOUT FORMULA

PRE™

NATURALLY FLAVORED

TROPICAL PUNCH

CON-CRET®
REINFORCED®

DIETARY SUPPLEMENT



NET WT 5.80 OZ (164.5 g)

20

SERVINGS

Supplement Facts

Serving Size 1 Scoop (8.22 g)

Servings Per Container 20

	Amount Per Serving	% Daily Value**
Vitamin B3 (Vitamin B3)	20 mg	100%
Vitamin B6 (as Pyridoxine HCl)	2 mg	100%
Folic Acid (as Folate)	400 mcg	100%
PurCat® (Organic Green Coffee Bean Extract (Caffeine 95%))	200 mg	†
Performance Blend	5,300 mg	†
Carosyl® Beta-Alanine (2000mg), CON-CRET® Patented Creatine HCl® (1500mg), Tauroine (1000mg), N-Acetyl-L-Tyrosine (200mg), Arginine Alpha-Ketoglutarate (AAKG) (200mg), Citrulline HCl (200mg)		
Cognitive Function Blend	1,180 mg	†
Theobromine (450mg), Bacopa Monnieri Leaf Extract (300mg), Acetyl-L-Carnitine HCl (200mg), Ginkgo (200mg), Mucuna Pruriens Seed Extract (80mg), Hypericin-A (100mg)		

**Percent Daily Values are based on a  † Daily Value Not Established

OTHER INGREDIENTS: Citric Acid, Natural Flavors, Saccharin, Stevia Tree, No Calories, No Carbs, No Sugar, No Artificial Colors or Flavors.

SUGGESTED USE: Mix 1 scoop in 8 oz. of water 15 minutes prior to training. Limit 2 servings per day. The amount of natural caffeine is 180 mg per serving.

WARNINGS: This product is not intended for individuals under the age of 18. Do not use if you are sensitive to caffeine. Consult your physician prior to using this or any other supplement or if you are taking any OTC or prescription medications. Do not exceed the recommended serving. Discontinue use immediately and consult your health care professional if you experience any adverse reactions to this product. Maintain adequate hydration. Exposure to moisture and humidity may cause clumping but will not affect product performance. KEEP OUT OF REACH OF CHILDREN. DO NOT USE THIS PRODUCT IF YOU ARE PREGNANT, CONSIDERING PREGNANCY OR NURSING.

NOTE: Store in a cool, dry place.