

BCAA + CITRULLINE + CREATINE

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 BCAAs provide amino acids while creatine nitrate and elevATP® are powerhouse ingredients added to complete your pre-workout routine. VITAL PERFORMANCE™ PRE also contains a natural source of caffeine from Coffeeberry® coffee fruit extract. 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 2 scoop serving



vitalproteins.com

#stayvital



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

**COLLAGEN+
CAFFEINE**



**5G
COLLAGEN**

**5G
BCAA**

**3G
CITRULLINE**

per 2 scoop serving



**VITAL
PERFORMANCE™**

PRE

LEMON GRAPE

FLAVORED WITH OTHER NATURAL FLAVORS

ALPHA GPC	CAFFEINE	ELEVATP®
CREATINE NITRATE	ARGININE NITRATE	

DIETARY SUPPLEMENT

NET WT 13 OZ (369 g)



Supplement Facts

Servings Per Container About 28 (1 Scoop)
Servings Per Container About 14 (2 Scoops)
Serving Size 1 Scoop (13g)
Serving Size 2 Scoops (26g)

	1 Scoop		2 Scoops	
	Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	20		40	
Total Carbohydrate	2 g	1%*	4 g	1%*
Protein	3 g	0%*	5 g	0%*
Vitamin C	23 mg	26%	45 mg	50%
Niacin	4 mg NE	25%	8 mg NE	50%
Vitamin B6	0.85 mg	50%	1.7 mg	100%
Pantothenic Acid	1.3 mg	26%	2.5 mg	50%
Sodium	60 mg	3%	120 mg	5%
Collagen Peptides (from bovine)	2.5 g	**	5 g	**
3:1:1 BCAA Blend (L-Leucine, L-Isoleucine, L-Valine)	2.5 g	**	5 g	**
L-Citrulline	1.5 g	**	3 g	**
Betaine anhydrous	1.25 g	**	2.5 g	**
Creatine Nitrate (NO3-T®)	0.75 g	**	1.5 g	**
Arginine Nitrate (NO3-T®)	0.75 g	**	1.5 g	**
N-acetyl-L-Carnitine	250 mg	**	500 mg	**
AlphaSize® (Alpha-Glycerol Phosphoryl Choline)	75 mg	**	150 mg	**
elevATP® (ancient peat extract, apple fruit extract)	75 mg	**	150 mg	**
Caffeine (from Coffeeberry® Energy coffee fruit extract)	70 mg	**	140 mg	**

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

Other Ingredients: Natural flavors, fruit and vegetable juice powder (for color), monk fruit extract, Himalayan pink sea salt, ascorbic acid (Vitamin C), 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, tree nuts, wheatgrass, and peanuts.

Directions: Combine 1 scoop with 6 fl oz of water, mix thoroughly. Consume within 15-30 minutes prior to workout. For an even greater boost, 2 scoops can be consumed prior to training mixed in 12 fl oz of water. Assess tolerance and preference by starting with 1 scoop.

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 VOF 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 Cherni Nutra.

NO3-T® is a registered trademark of ThermoLife International LLC, this mark covers the use of one or more patents listed at www.NO3-T.com/patents.

Contains 8 of 9 Essential Amino Acids

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