

PREPARE + ENERGIZE + ENDURE***

Fuel every movement with Vital Proteins PreWAVE™, 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 BCAAs	2.5g Betaine Anhydrous	1.5g Creatine Nitrate
150mg Alpha GPC	3g Citrulline	1.5g Arginine Nitrate	140mg Caffeine
No Synthetic Colors	Gluten Free	Dairy Free	Soy Free

VP 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.

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

PRE-WORKOUT INTRA-WORKOUT RECOVERY

VITAL PROTEINS® PERFORMANCE



PreWAVE™

COLLAGEN / BCAA / CITRULLINE

5g

5g

3g

ALPHA GPC

CAFFEINE

ELEVATP®

CREATINE NITRATE

ARGININE NITRATE

DIETARY SUPPLEMENT

NET WT 13 OZ (369 g)

Supplement Facts

Serving Size 2 Scoops (28g)
Servings Per Container About 14

	Amount Per Serving	% Daily Value
Calories	40	
Total Carbohydrate	4 g	1%*
Protein	6 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 (NOS-T®)	1.5 g	**
Arginine Nitrate (NOS-T®)	1.5 g	**
N-acetyl-L-Carnitine	500 mg	**
AlphaStar® (Alpha-Glycerol Phosphoryl Choline)	150 mg	**
elevATP® (Instant yeast extract, apple fruit extract)	150 mg	**
Caffeine (from 80 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, fruit and vegetable juice powder (for color), monk fruit extract, Himalayan pink salt, ascorbic acid (Vitamin C), citric acid, malic acid, niacinamide (Vitamin B3), D-calcium pantothenate (Vitamin B5), pyridoxine hydrochloride (Vitamin B6)

NATURAL
LEMON
GRAPE
FLAVOR

WITH OTHER
NATURAL
FLAVORS

Manufactured by: Vital Proteins LLC, 3400 Wolf Road Ste. 200, Franklin Park, IL 60131
This product is manufactured in a facility that processes milk, fish, and tree nuts.
Directions: Combine 2 scoops with 12 oz of liquid, mix thoroughly.
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. 8,572,915, 7,754,363, 7,807,205, 7,815,959, 8,597,710, 8,603,563, and 8,603,564. AlphaStar® is a registered trademark of Chami Nuts.

NOS-T® is a registered trademark of ThermoLife International LLC, this mark covers the use of one or more patents listed at www.NOS-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	Methionine²	27 mg
Aspartic Acid	298 mg	Phenylalanine³	95 mg
Glutamic Acid	560 mg	Proline	519 mg
Glycine	930 mg	Serine	154 mg
Histidine⁴	36 mg	Threonine⁵	86 mg
Hydroxylysine	54 mg	Tryptophan⁶	23 mg
Hydroxyproline	515 mg	Tyrosine	1,168 mg
Isoleucine⁷	1,068 mg	Valine⁸	
Leucine⁹	3,131 mg		

¹Essential Amino Acids ²Branched-Chain Amino Acids (BCAA)

Contains 8 of 9 Essential Amino Acids



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Patent Pending