EQUIP™

PURE PRE

BLACKBERRY LEMON

ALL NATURAL PRE-WORKOUT

150MG CAFFEINE + 3,000MG CREATINE PER SCOOP

BLACKBERRY

LEMON

FREE FROM: GLUTEN, DAIRY, WHEY, SOY, FILLERS, ARTIFICIAL FLAVORS, AND ARTIFICIAL SWEETENERS.

DIETARY SUPPLEMENT // 30 SERVINGS
NET WT 20.3 OZ (1.27LBS) (576G)

FEED WHAT YOU NEED™

We are Equip™, makers of clean, effective, researched-backed, real-food supplements. No artificial sweeteners, fillers, binders, gimmicks, or general buffoonery. Just timeless, convenient, and delicious nutrition.

Pure Pre is your daily dose of drinkable motivation. Crush your workout by tapping into clean energy and focus (minus the crash) from 150mg of green tea-derived caffeine, beta-alanine, tyrosine, and taurine.

WHEN TO USE:

- BEFORE OR DURING WORKOUTS
- IN THE AM FOR A BOOST OF ENERGY
- WHEN GOING OUT FOR A LONG RUN

HOW TO USE:

- ADD TO YOUR SMOOTHIES AND SHAKES
- ADD TO 8-10 OUNCES OF ANY BEVERAGE
- INSTEAD OF COFFEE OR TEA

INGREDIENTS PER SCOOP:

EVERYTHING YOU NEED FOR A WORKOUT

+ STEVIA EXTRACT

FREE FROM:

GLUTEN, DAIRY, WHEY, SOY, FILLERS, ARTIFICIAL FLAVORS & SWEETENERS.

PALEO 100% FRIENDLY

WARNINGS: This product is intended for use by healthy individuals over the age of 18. Do not take this product if you are pregnant, expecting to become pregnant or are nursing. Do not take this product in combination with other products containing caffeine or stimulants. Do not use this product without consulting your health care provider if you are at risk or are under medical treatment for heart disease, cardiac arrhythmias, stroke, high blood pressure, prone to seizures or diseases associated with neurological or organ system disorders (e.g. diabetes, kidney/liver disease). If you experience any adverse effect, stop training, discontinue use of supplement and contact your health care provider.

KEEP OUT OF REACH OF CHILDREN.

WHAT TO EXPECT:

THAT TINGLING? IT'S A NORMAL EFFECT OF BETA-ALANINE.

HOW TO USE:
MIX 1 SCOOP OF PURE PRE WITH 8-10OZ OF WATER 15 MINUTES BEFORE YOUR WORKOUT. DON'T EXCEED MORE THAN 1 SCOOP PER 12-HOUR PERIOD.

OTHER INGREDIENTS: NATURAL FLAVORS, CITRIC ACID, MALIC ACID, STEVIA REBAUDIOSIDE A LEAF EXTRACT, STEVIA (REBAUDIOSIDE M) LEAF EXTRACT

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Supplement Facts

Serving Size 1 Scoop Approx. (19.2g/0.68oz)
Servings Per Container 30

Amount Per Serving	% Daily Value*
Calories 20	<1%
Total Carbohydrates <1g	**
Total Sugars <1g	222%
Vitamin C (as Ascorbic Acid) 200mg	118%
Vitamin B6 (as Pyridoxal 5-Phosphate) 2mg	83%
Vitamin B12 (as Methylcobalamin Dicalcium Phosphate) 2mcg	3%
Chloride (as Sea Salt) 60mg	2%
Sodium (as Sea Salt) 40mg	**
L-Citrulline DL-Malate 3,000mg	**
Creatine Monohydrate 3,000mg	**
Beta Alanine 2,000mg	**
L-Tyrosine 1,000mg	**
L-Arginine Alpha Ketoglutarate Dihydrate 1,000mg	**
L-Carnitine L-Tartrate 1,000mg	**
L-Taurine 1,000mg	**
L-Leucine 850mg	**
L-Isoleucine 425mg	**
L-Valine 425mg	**
L-Tryptophan 300mg	**
L-Phenylalanine 300mg	**
L-Lysine Hydrochloride 300mg	**
L-Threonine 300mg	**
Green Tea (Camellia sinensis) Leaf Extract 300mg Caffeine 150mg	**
L-Methionine 300mg	**
L-Histidine Hydrochloride 300mg	**

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