

Directions:

Mix 2 scoops (20g) of Prefuel in 12-16 oz of cold water (2 servings).

FOR AN AMINO ACID BOOST: Drink 1 serving in the morning and/or between meals.

FOR PRE-WORKOUT PERFORMANCE: Drink 2-3 servings 30 minutes before training.

FOR POST-WORKOUT RECOVERY: Drink 1 serving immediately after training.

Try adding Prefuel® to your favorite EnergyFirst® shake.

ENERGYFIRST® Shake Recipe:

- 1-3 cups water or other liquid
- Recommended serving of ProEnergy®
- 1 tbsp. OmegaEnergy® Oil or 1/4 cup OmegaEnergy® Mix
- 1 cup frozen fruit
- 1 scoop Prefuel® and/or Greenery™

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



RECOVER FASTER & FIGHT FATIGUE

Support protein synthesis, cell volumization, and neural activation

INCREASE STRENGTH & ENDURANCE

Potent blend of amino acids that fuel workout intensity

SPORT VITAMINS AND MINERALS

Assist long term physical and mental performance

POWERFUL ANTIOXIDANTS

Free radical support boosts recovery and immunity

100% NATURAL ENERGY

Ideal amounts of green coffee bean and natural caffeine



ORANGE FLAVOR

ENERGYFIRST®
PREFUEL®

FEEL THE DIFFERENCE®

PRE-WORKOUT ENERGIZER

BOOSTS ENERGY - TASTES GREAT - SUGAR FREE - GLUTEN FREE

DIETARY SUPPLEMENT
Net Weight: 11.28 oz (320g)

Serving Size: 1 scoop (10g)
Servings Per Container: 32

Supplement Facts:

Serving Size: 1 Scoop (10g)
Servings Per Container: 32

Amount Per Serving

Calories 20

	Amount Per Serving	% Daily Value*
Total carbohydrates	2 g	1%
Sodium (as chloride)	40 mg	2%
Calcium (as carbonate)	50 mg	5%
Magnesium (as citrate)	20 mg	5%
Potassium (as citrate)	45 mg	1%
Niacin in Saccharomyces cerevisiae (baker's yeast)	15 mg	75%
Vitamin B6 in Saccharomyces cerevisiae (baker's yeast)	2 mg	100%
Vitamin B12 in Saccharomyces cerevisiae (baker's yeast)	15 mcg	250%

* Percent Daily Values are based on a 2000 calorie diet

† Daily value not established

Ingredients:

Anabolic Strength, Power & Endurance blend 2.5 g
Creatine Monohydrate, Instantized Branched Chained Amino Acids 2:1:1 (Leucine, Isoleucine, Valine), Betaine anhydrous, CamoSyn® Beta-Alanine

Nitric Oxide and Cell Volumizing Complex 2.8 g
L-Glutamine, Citrulline Malate 1:1, Taurine, L-Glycine, L-Arginine HCL, Red beet root extract

Energy, Focus, & Fatty Acid Oxidation Matrix 930 mg
L-Tyrosine, L-Carnitine L-Tartrate, Green tea extract (standardized for caffeine**), Green coffee bean extract (50% chlorogenic acid)

Concentrated Antioxidant & Anti-Inflammatory blend 435 mg
N-Acetyl-L-Cysteine, Green tea extract (standardized for 90% polyphenols & 50% EGCG), Grape Seed Extract (Standardized to 95% Proanthocyanidins), Citrus bioflavonoid complex, Turmeric (Standardized to 95% curcuminoids)

Key Adaptogen Complex 140 mg
Rhodiola Rosea Extract (Standardized to 4% Rosavins & 1% Salidroside), KSM-66® organic Ashwagandha (standardized to 5% withanolides), Siberian ginseng root (Eleutherococcus senticosus)

Nutrient Utilization and Absorption blend 27.5 mg
Astragin™ (Panax notoginseng root) extract and Astragalus membranaceus (root) extract, BioPerine® (Piper nigrum) black pepper extract

** Total caffeine from all sources equal to 110mg per 10g serving

Maximize energy and performance naturally with the proven effectiveness of EnergyFirst® Prefuel®!

FEEL THE DIFFERENCE® with
ENERGYFIRST®

To order, visit us online:
www.energyfirst.com
Feel the Difference.®



1-888-88-ENERGY
(1-888-883-6374)

Allergens:

Processed in a facility that also processes Milk, Soy, Egg, Wheat, Tree Nuts.

Other Ingredients:

Natural flavors, Citric Acid, Organic Tapioca Maltodextrin, Stevia Leaf Extract, Calcium silicate, Organic lemon flavor.



CamoSyn® is licensed under one or more of U.S. patent numbers 5,965,586, 6,426,361, 7,504,376 and 6,067,381, each of which is owned by Natural Alternatives International, Inc. (NAI). NAI is also the owner of the registered trademark CamoSyn®.

Manufactured for EnergyFirst, Manhattan Beach, CA

