

ENERGIZE YOUR TRAINING

- Plant-Based
- Non-GMO
- Increases Work Capacity †
- Sustained Energy from Natural Sources
- Enhances Mental Clarity & Focus †
- Free of Artificial Sweeteners
- Free of Artificial Colors
- Free of Soy
- Free of Dairy
- Free of Gluten

PRE is a plant-based pre-workout designed to naturally energize your workouts, increase endurance, and improve mental focus. †

Our blend of natural ingredients each play a crucial role in your performance. Naturally occurring caffeine from Yerba Mate and Green Tea helps energize your training sessions and give you mental clarity to stay in the zone. While Rhodiola, Korean Ginseng, and Green Tea help to increase work capacity and enhance performance. In addition, we've added Devil's Claw and Turmeric, used in traditional herbal medicine, to reduce inflammation and to aid in joint support. †

Finally, we fortified PRE with our electrolyte & carbohydrate blend to prevent muscle cramps and to keep you hydrated during the most intense training sessions. †

†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to treat or cure any disease.

ath

PRE

Plant-Based Pre Workout
DAIRY, SOY & GLUTEN-FREE

ISLAND FRUIT FLAVOR - NET WEIGHT 499g (1.1lbs)
WHOLE FOOD DIETARY SUPPLEMENT

Suggested Use: Mix 1 scoop with 8-16 fluid ounces of ice water in ATH Shaker 30 minutes before training.

Supplement Facts

Serving Size: 1 scoop (16.6g)

Servings Per Container: 30

	Amount Per Serving	% DV
Calories	40	
Total Carbohydrates	10g	3%*
Sugars	10g	**
Sodium (as Sodium Citrate)	57.5mg	2%*
Potassium (as Potassium Citrate)	50mg	1%*
Coconut (seed) Powder	1,000mg	**
Yerba Mate (leaf) Extract	167mg	**
Devil's Claw (root) Extract	150mg	**
Green Tea (leaf) Extract	100mg	**
Rhodiola Rosea (root) Extract	100mg	**
Korean Ginseng (root) Powder	100mg	**
Turmeric (root) Extract	53mg	**
Ginger (root) Extract	10mg	**

* Percent Daily Values are based on a 2,000 calorie diet.

** % Daily Value (DV) not established.

OTHER INGREDIENTS: Organic Sugar Cane, Citric Acid, Natural Berry Flavor, Erylite® Erythritol, Malic Acid, Fruit Juice (for color), Stevia (leaf) Extract.

Erylite® is a registered trademark of Jungbunzlauer

ALLERGEN STATEMENT: Manufactured in a facility that handles: Eggs, Wheat, Milk, Tree Nuts, Peanuts, Soybeans, Crustacean Shellfish, and Fish.

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PLEASE



RECYCLE



MADE IN THE USA

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