



PreTrain NRG™

Supports ATP Production, Focus, and Energy*



FITNESS PERFORMANCE*



PreTrain NRG™ is a comprehensive pre-workout powder specifically designed for peak athletic performance.* It is formulated with an extensive blend of well-researched, beneficial nutrients to help support focus, power, and mental energy in athletes.* It features tyrosine, acetyl-L-carnitine, L-theanine, and caffeine to help promote focus, energy, and fat metabolism, along with the energy-producing molecule, adenosine-5'-triphosphate (ATP), to support strength, power, and recovery during exercise, and to help curtail exercise-induced fatigue.* To help push the boundaries on muscular endurance and strength, magnesium and creatine are included to support athletic performance, strength, and help hydrate the muscles during exercise.* PreTrain NRG™ powder has a pleasant-tasting, strawberry flavor and is sweetened with stevia leaf and monk fruit extracts.

Nutrients that support focus, energy, and endurance in athletes are essential for promoting optimal sports performance, strength, and progress.* Taking carefully selected

brain-supportive nutrients before exercise workouts can have a significant impact on training performance.* Although pre-workout supplements have gained tremendous popularity, many have high amounts of caffeine. Research shows acute caffeine ingestion before workouts may favorably impact high-intensity exercise and endurance. However, numerous pre-workout supplements on the market contain the caffeine equivalent to five strong cups of coffee, which may negatively impact the body's stress response over time.*

PreTrain NRG™ supports the nervous system and adrenal glands by providing a 2-to-1 ratio of L-theanine and caffeine (sourced from green coffee beans).* Considering L-theanine is a calming amino acid, this ratio may help promote mental alertness and provide clean energy and a calm focus to help power through any workout without the jitters or energy crash often experienced after consuming products containing high amounts of caffeine.*

Benefits*

- Promotes mental and emotional calm
- Helps support a healthy stress response
- May help support occasional feelings of anxiousness
- Encourages feelings of relaxation
- Helps promote restful sleep
- May help promote focus, attention, and concentration

Recommended Use

Mix 9 grams (approximately one scoop) in 8 ounces of water and consume supplement 30 to 45 minutes before an exercise workout or as directed by your health-care practitioner.

Clinical Consideration: For fitness and sports performance, PreTrain NRG™ works synergistically with BCAA Powder, GPC Liquid, and NOx Synergy™.

Highlights

- Features magnesium and creatine (from Creatine MagnaPower®) to promote muscle growth and function*
- Provides acetyl-L-carnitine and acetylated L-tyrosine to support brain health and promote the utilization of fats for energy and the support of metabolic health, along with a normal stress response*
- Includes ATP (as Peak ATP®) to support athletic performance and energy*
- Contains L-theanine and caffeine in a 2:1 ratio to promote mental alertness and calm focus*
- Includes the essential electrolytes sodium and magnesium
- Free of artificial sweeteners (e.g., sucralose) and food dyes; sweetened with stevia leaf and monk fruit extracts
- Gluten-free, dairy-free, and soy-free
- Non-GMO

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Creatine MagnaPower® is a registered trademark of Albion Laboratories, Inc. Covered by US Patent 6,114, 379 and patents pending.

To contact Designs for Health, please call us at (860) 623-6314 or visit us on the web at www.designsforhealth.com.

Consult with your health-care practitioner about your specific circumstances and any questions you may have about this product.

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*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.

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