



BeneYOU

PreWorkout™

ENERGY + FOCUS

The ultimate plant-based pre-workout energy & focus experience

PreWorkout is a unique, plant-based formula that helps your body create explosive energy, heightened focus and increased drive to tackle any challenge — especially your next workout.*

PreWorkout contains a unique formula for advanced, clean, jitter-free energy, endurance, and focus. It features a direct-to-mouth pixie design for maximum convenience, and comes in two delicious flavors: mango and piña colada.*



Product Features

VITAMIN B12 — An important nutrient required for fat and carbohydrate metabolism, often depleted in vegans as well as athletes. We added 220 mcg of whole-food vitamin B12 to optimize energy production, naturally enhancing workout results.*

ANTIOXIDANT-ENERGY BLEND — Provides jitter-free energy and antioxidant functionality to reduce oxidative stress *

NITRIC OXIDE PLANT BOOST — Nitrate-rich plant formulation to increase blood flow to working muscles*

NOOTROPIC-FOCUS BLEND — Specific amino acids and botanicals to increase focus and drive*

STRENGTH AND ENDURANCE BLEND — Carefully selected stack for maximum output*

KEY BENEFITS

PreWorkout provides a number of key benefits:*

- Increased energy*
- Heightened focus*
- Increased drive*
- Simple direct-to-mouth design
- Two great flavors — pick a favorite or switch them up!

SUGGESTED USE:

Take 20 minutes before workout, or as needed.

*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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Ingredient Information

MANGO FLAVOR:

ANTIOXIDANT ENERGY BLEND — Organic cane sugar, Freeze-dried mango, Mango juice, Green coffee bean (naturally occurring caffeine)

NITRIC OXIDE — Organic kale (leaf) standardized to 1% nitrate, Red spinach (9% nitrate), Beet (root)

NOOTROPIC-FOCUS BLEND — Glycine, Huperzine A (Chinese moss), L-Tyrosine, L-Citrulline, Piperine (black pepper)

STRENGTH & ENDURANCE BLEND — Beta-alanine, Betaine, Taurine, Inositol, Bitter orange (citrus aurantium)

OTHER INGREDIENTS — Organic cane sugar, Mango-juice powder, Malic acid, Organic-rice Fiber, Citric acid, Stevia, Natural mango flavor

PIÑA COLADA FLAVOR:

ANTIOXIDANT ENERGY BLEND — Organic cane sugar, Coconut milk, Coconut juice, Pineapple juice, Green coffee bean (naturally occurring caffeine)

NITRIC OXIDE — Organic kale (leaf) standardized to 1% nitrate, Red spinach (9% nitrate), beet (root)

NOOTROPIC-FOCUS BLEND — Glycine, Huperzine A (Chinese moss), L-Tyrosine, L-Citrulline, Piperine (black pepper)

STRENGTH & ENDURANCE — Beta-alanine, Betaine, Taurine, Inositol, Bitter orange (citrus aurantium)

OTHER INGREDIENTS — Organic cane sugar, Coconut-juice powder, Coconut-milk powder, Pineapple-juice powder, Organic-rice fiber, Natural flavors, Malic acid, Stevia, Citric acid.

BENEFITS

PreWorkout employs a unique nitric-oxide blend of veggies, including organic kale, red spinach and beets rich in nitrates to deliver oxygen and fuel to muscles.*

We deliver quality whole-food nootropics, vitamins and minerals to provide energy, keep you focused, delay the onset of muscle soreness and reduce fatigue.*

Additional Ingredient Information

MANGO		PIÑA COLADA	
Supplement Facts Servings Per Container: 20 Serving Size: 1 stick pack (4.5g)		Supplement Facts Servings Per Container: 20 Serving Size: 1 stick pack (4.5g)	
Amount Per Serving	% Daily Value*	Amount Per Serving	% Daily Value*
Calories	15	Calories	17.6
Total Carbohydrates	3 g 1%	Total Fat	0.25 g <.5%
Total Sugars	2 g †	Saturated Fat	0.25 g .5%
Includes 1.5g Added Sugars	3%	Total Carbohydrates	2.5 g 1%
Vit C	6.5 mg 7.5%	Total Sugars	2 g †
Nicotinamide	42.5 mg 265.3%	Includes 3g Added Sugars	3%
Vit B12 (as Methylcobalamin)	110 mcg 4583%	Niacinamide	42.5 mg 265.3%
Manganese	50 mcg 1.5%	Vit B12 (as Methylcobalamin)	110 mcg 4583%
Chromium (as Chromium Polynicotinate)	17.5 mcg 50%	Chromium (as Chromium Polynicotinate)	17.5 mcg 50%
Caffeine	27.5 mg †	Caffeine	27.5 mg †
Antioxidant Energy Blend	2853 mg †	Antioxidant Energy Blend	2928 mg †
Organic Cane Sugar, Mango-juice Powder, Green Coffee-bean Extract (Natural Caffeine)		Organic Cane Sugar, Coconut-juice Powder, Pineapple-juice Powder, Green Coffee-bean Extract (Natural Caffeine)	
Nitric Oxide Plant Pump Blend	27 mg †	Nitric Oxide Plant Pump Blend	27 mg †
Beet-root Extract (5% Nitrates), Organic-kale Powder, Red-spinach Extract (4.5% Nitrates)		Beet-root Extract (1% Nitrates), Organic-kale Powder, Red-spinach Extract (9% Nitrates)	
Nootropic-Focus Blend	641.5 mg †	Nootropic-Focus Blend	641.5 mg †
Glycine, L-Tyrosine, L-Citrulline, Black-pepper Extract (47.5% Piperine), Bitter-orange Extract (15% P-Synephrine), Huperzine A, 2% (Chinese Clivia Moss Extract)		Glycine, L-Tyrosine, L-Citrulline, Black-pepper Extract (47.5% Piperine), Bitter-orange Extract (15% P-Synephrine), Huperzine A, 2% (Chinese Clivia Moss Extract)	
Strength & Endurance Blend	810 mg †	Strength & Endurance Blend	810 mg †
Inositol, Betaine (Trimethylglycine), Beta-Alanine, L-Taurine		Inositol, Betaine (Trimethylglycine), Beta-Alanine, L-Taurine	
*Percent Daily Values are based on a 2,000-calorie diet. †Daily Value not established.		*Percent Daily Values are based on a 2,000-calorie diet. †Daily Value not established.	
Other Ingredients: Malic Acid, Organic-rice Fiber, Citric Acid, Stevia, Natural Mango Flavor.		Other Ingredients: Organic Rice Fiber, Natural Flavors, Malic Acid, Stevia, Citric Acid.	



SOY-FREE



GLUTEN-FREE



NUT-FREE



VEGAN-FRIENDLY



NON-GMO



DAIRY-FREE



STEVIA



MADE IN USA

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