

Work Out Harder for Longer*

PERFORMANCE® PRE-WORKOUT ENERGY DRINK

Get the most out of what you put in. Delivers natural energy from caffeine that's derived from green tea extract for a long-lasting boost plus beta-alanine and L-theanine to improve physical performance, delay muscle fatigue, reduce perceived exertion, and sharpen focus.*

#21510 | 30 SERVINGS



Vegan



Star-K Kosher



Gluten Free



Non-GMO

BURST OF ENERGY THAT COMES ON STRONG AND STAYS ON LONG*

Why We Love It

Provides Long-Lasting Energy*¹⁻⁴

- Natural green tea extract boosts energy levels

Improves Physical Performance*⁵⁻⁹

- Key ingredients enhance athletic performance by delaying muscle fatigue and reducing perceived exertion

Delays Fatigue*

- Formulated with beta-alanine to delay muscle fatigue during exercise¹⁰

Reduces Perceived Exertion*

- Beta-alanine has been shown to reduce perceived effort during exercise⁸

Sharpens Focus*

- Formulated with L-theanine and caffeine to sharpen mental focus to help you push through

Delivered in a convenient stick pack—easily mixes into water or drink of choice on the go

Available in a refreshing Natural Lemon flavor

Directions: Mix 1 stick with 8 oz. of water.

Supplement Facts

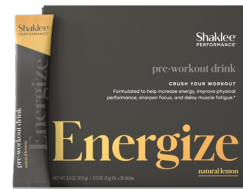
Serving Size: 1 Stick (3 g)
Servings Per Container: 30

	Amount Per Serving	% DV
Calories	10	
Total Carbohydrate	2 g	1%**
Total Sugars	1 g	†
Includes Added Sugars	1 g	2%**
Beta-Alanine	800 mg	†
L-Theanine	100 mg	†
Caffeine (from Green Tea)	100 mg	†

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

Other Ingredients: Cane Sugar, Citric Acid, Natural Flavor, Rebaudioside M, Turmeric Powder For Color.

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FAQ

What ingredients are in the Pre-Workout Drink?

The Performance® Pre-Workout drink is formulated with naturally occurring ingredients, including 100 mg caffeine from green tea extract, 100 mg L-theanine, and 800 mg beta-alanine.

Why does the Pre-Workout Drink contain caffeine?

Caffeine provides an energy boost that has been shown to support athletic performance.* It does this by acting as an adenosine antagonist. Adenosine is a neurotransmitter that binds to specific receptors in the brain and makes us feel drowsy. Caffeine binds to the same receptors, blocking adenosine from working.*

How much caffeine is in one serving of the Pre-Workout Drink?

One serving of the Pre-Workout Drink contains 100 mg of natural caffeine from green tea extract. One stick pack contains caffeine equivalent to about one cup of coffee.

What is beta-alanine?

Beta-alanine is an amino acid that is produced naturally in the body and is used to synthesize carnosine. Carnosine helps reduce acid that accumulates in the muscle during high-intensity activity. Carnosine is important because it can help you work out longer by delaying the muscle fatigue that can result from the accumulation of acid.*⁷⁻⁹

How do the ingredients in the Pre-Workout drink help reduce perceived effort and improve physical performance?

Muscle fatigue can affect your ability to continue your workout. One of the causes of muscle fatigue during exercise is the build-up of acid in your muscles. Beta-alanine increases carnosine production, and carnosine helps regulate acid build-up to help delay muscle fatigue and improve exercise performance.*⁷⁻⁹

How does L-theanine sharpen focus?

L-theanine is an amino acid that increases alpha waves in the brain.* Alpha waves are produced in the brain of an individual during a relaxed state. Alpha wave activity is associated with improved performance under stress, improved concentration and cognitive function, and increased alertness.¹¹

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Does the Pre-Workout Drink have a flavor?

The Pre-Workout Drink has a natural lemon flavor.

Can I use the Pre-Workout Drink with Sustained Energy Boost*? Energy Chews? Energizing Tea?

Because all of these products contain caffeine, please use only one product at a time. **Do not use these products if you are sensitive to caffeine, pregnant, or nursing.**

What's the best way to drink Pre-Workout Drink?

We recommend mixing 1 stick in 8 oz. of water or your drink of choice. Drink 30 minutes before exercise.

How many stick packs can I take a day?

Healthy adults should have no more than 200 mg of caffeine (two stick packs) over 3-4 hours and no more than 300 mg of caffeine (three stick packs) per day.

Is it safe to use Pre-Workout Drink if I am currently taking medications or have a medical condition?

Consult with your physician before using the Pre-Workout Drink if you have a medical condition, are taking a prescription medication, or are concerned about how you will react to the drink.

Can this product be used when pregnant or nursing?

The Pre-Workout Drink is not recommended for use by pregnant or nursing women or those sensitive to caffeine as one stick pack contains 100 mg of caffeine.

Can this product be used by children?

The Pre-Workout Drink is formulated for adults and is not recommended for use by children under the age of 18.

I felt a tingling sensation when I took the Pre-Workout Drink. Should I be concerned?

While not everyone will experience tingling, this sensation is a common side effect of beta-alanine that can last for up to an hour. There is no evidence to suggest that this tingling is harmful in any way.¹²

Is Pre-Workout Drink vegan?

Yes.

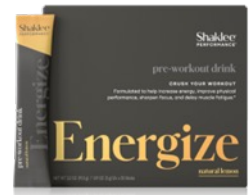
Is Pre-Workout Drink Star-K Kosher certified?

Yes.

Is Pre-Workout Drink gluten-free, soy-free, dairy-free, and non-GMO?

Yes.

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References

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