

BUILD
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B.R.A.V.E.

ACCELERATE

Energy + Pre-Workout Dietary Supplement

B.R.A.V.E. Accelerate is synthesized to support improved exercise performance by supporting the increase muscle protein synthesis, prevention of muscle tissue breakdown, increase in energy, increase in cognition, enhancing your pump. Take your workouts to the next level!

Our product is synthesized utilizing the latest scientific research and formulated with optimal ratios of branch chain amino acids to produce world-class results.



*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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Integrated formulas to optimize your overall health & wellness.

SUGGESTED USE: As a dietary supplement, take one (1) scoop with 8-12 oz of liquid. New users may wish to assess tolerance with ½ scoop.

SPECIFICATIONS

- Flavor: Tropical
- 30 Servings

CAUTION:

Check with a qualified health care professional before taking this product if you are pregnant or nursing a baby, under 18 years of age, have any known or suspected medical conditions, and/or if you are taking any prescription or OTC medications.

Supplement Facts

Serving Size: 1 Scoop (14.9g)
Servings Per Container: 30 Net Weight: 447 grams (15.76oz)

	Amount Per Serving	DV%*
Vitamin B1 (as Thiamin)	10mg	833%*
Vitamin B2 (as Riboflavin)	30mg	2308%*
Vitamin B3 (as Niacin)	15mg	94%*
Vitamin B5 (as Pantothenic Acid)	15mg	300%*
Vitamin B6 (Pyridoxine Hydrochloride)	30mg	1767%*
Vitamin B12 (as Methylcobalamin)	100mg	4167%*
Vitamin C (as Ascorbic Acid)	250mg	278%*
L-Citrulline	7500mg	**
Beta Alanine	1000mg	**
Creatine Monohydrate	1000mg	**
Betaine Anhydrous	500mg	**
Gamma-Aminobutyric Acid (GABA)	500mg	**
Caffeine Anhydrous	225mg	**
Dynamine™ (std. to 40% methylberine)	100mg	**

* Daily Values based on a 2,000 calorie diet
** Daily Value Not Established

Other Ingredients: Disodium Phosphate, Silicon Dioxide, Natural Flavors, Malic Acid, Citric Acid, Sucralose, Acesulfame Potassium, Maltodextrin.

Dynamine™ is a registered trademark and protected by Patents Pending, Serial No. 61/903,362; under exclusive global distribution by Compound Solutions, Inc.



KEY INGREDIENTS

INGREDIENT	BENEFITS
Vitamin B6 pyridoxal 5'-phosphate (PLP)	<ul style="list-style-type: none"> • Serves as a cofactor in more than 150 enzymatic reactions associated in blood sugar regulation, immunity, cardiovascular function, neuronal health, metabolic, and digestive health (38, 40). • Reduces plasma glucose (blood sugar levels) via by inhibiting the activity of small-intestinal α-glucosidases (enzymes associated with glucose metabolism) (39). • Functions as an antioxidant by counteracting the formation of reactive oxygen species (inflammatory markers) and advanced glycation end-products (38,40). • May support blood sugar regulation in women with gestational diabetes (40). • Cofactor for enzymes involved in DNA metabolism (40).
Niacin (Vitamin B3)	<ul style="list-style-type: none"> • Major B vitamin that supports cardiovascular health by inhibiting hepatic(liver) triglyceride synthesis, reducing very-low-density lipoprotein (VLDL) secretion, and increasing HDL plasma concentrations (9). • Reduces conversion of VLDL into LDL proteins and serum lipoprotein concentrations in plasma (blood) (9). • Vital for regulation of gene expression, cell cycle progression, and DNA repair, and cell death (9). • Supports healthy inflammatory response via antioxidant and anti-apoptotic (prevention of cell death) properties (9). • Prevents pathologies(diseases) such as Pellagra and reduces prevalence of nervous anorexia, cancer, and crohn's disease (10, 11). • Supports sensitization of tumors to radiation via apoptosis (cell death) cascade of tumor mass and improves oxygen delivery to malignant tissues (cancer cells) (12). • Supports cognitive health by reducing age-related decline of NAD+, increasing quinolinic acid and reducing neuroinflammation (9). • Increased niacin associated NAD+ levels have been shown to increase neurotransmission, learning and memory (9). • Niacin reduces the prevalence of neurodegenerative pathologies by preventing mitochondrial dysfunction (9).
Caffeine Anhydrous	<ul style="list-style-type: none"> • Optimizes energy, cognitive function, and mental alertness. (24). • Supplementation with caffeine has been shown to acutely enhance exercise performance (24).
L-Citrulline Malate	<ul style="list-style-type: none"> • Supports cardiovascular health and exercise performance by increasing production of l-arginine (34). • Increases nitric oxide production, improves exercise performance, and increases blood flow to exercising skeletal muscle (35). • Supports strength increases, exercise endurance, and recovery (34,35). • May reduce blood pressure by increasing vascular function (34).

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Vitamin B-12 (Methylcobalamin)	<ul style="list-style-type: none"> ● Metabolically active, methylated form of Vitamin B12 needed for proper DNA synthesis, folate cycle function, energy production, cognitive function, and immune health (51,53). ● Aids as an antioxidant via direct scavenging of reactive oxygen species (inflammation), preserving l- glutathione levels (master antioxidant), and reducing oxidative stress (51). ● May prevent vitamin b-12 deficiency diseases such as anemia, neurodegenerative disease, cardiovascular disease, and osteoporosis (53).
Creatine Monohydrate	<ul style="list-style-type: none"> ● Optimizes exercise performance, muscle mass, strength, thermoregulation, recovery, and intramuscular stores of phosphocreatine (PCr) (47). ● Vital for the energy reaction of every cell in the human body as a spatial energy shuttle and energy sensor (47,50). ● Vital in bioenergetics (metabolic activity) of the brain (50). ● Fuels CD8 and CD4 T- cell mediated immunity (immune cells) in cancer tissue (48,49). ● Supports cognition and focus via replenishment of cerebral storage of creatine (creatine in the brain) (50). ● Supports cognitive health in brain creatine deficiency associated neurodegenerative diseases (50). ● Supports cognitive health by enhancing the facilitation of synaptic glutamate and neurotransmitter uptake (50).
Vitamin B2	<ul style="list-style-type: none"> ● Supports conversion and activation of other B vitamins, red blood cell production and serves as a cofactor for both glucose and fat metabolism (energy production) (92,93).
Vitamin B1	<ul style="list-style-type: none"> ● Supports aerobic energy metabolism (oxidative phosphorylation), cell growth, optimal neuronal conduction (nerve impulses), and cardiovascular health (94). ● Supports cardiovascular function and aids as a neuroprotective agent in individuals with vitamin B-1 deficiencies (94, 95).
Vitamin B5	<ul style="list-style-type: none"> ● Supports energy production, cell growth, cell repair, cognitive function, increased hippocampal volume (memory), and optimized bioenergetics (burning of carbohydrates, fat, and protein) (96).
Vitamin C	<ul style="list-style-type: none"> ● Supports immune, cardiovascular, skin, cognitive, fat burning, and digestive health (97, 98). ● Supports immune health via increased oxidant, free radical scavenging, and fueling neutrophilic (immune cell) activity in chemotaxis, phagocytosis, and microbial killing (97,98). ● Supports fat burning by increasing carnitine biosynthesis (molecule required for mitochondrial fatty acid oxidation) (97,98). ● Supports accelerate bone healing after a fracture, increase type I collagen synthesis, and reduce oxidative stress (inflammation) (98).

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Betaine Anhydrous	<ul style="list-style-type: none">• Supports increased muscle protein synthesis, decreased adipose tissue mass (fat loss), increased creatine synthesis, reduced fatigue from exercise, and improves nitric oxide production (99, 100).• Supports skeletal muscle hypertrophy by aiding as an anabolic intramuscular Osmolyte (drawing water to muscle cells) (99,100).• Increases skeletal muscle hypertrophy via increased methionine production and ultimately increased creatine reservoir (99,100).• Reduces adipose tissue by increasing mitochondrial fatty acid oxidation (fat burning) via increased l-carnitine transport (a molecule that transports to be burned) (99,100).
Dynamine	<ul style="list-style-type: none">• Supports increased mood and hippocampal volume (memory) (101).
GABA	<ul style="list-style-type: none">• Supports relaxation, positive mood, increased memory, reduced anxiety, blood sugar regulation, and increased growth hormone production (102).
Beta Alanine	<ul style="list-style-type: none">• Improves exercise performance, increases nutrient delivery to exercising muscle, and reduces lactate-associated neurological exercise fatigue (15).• Reduces carnosine (muscle acidity) levels and acts as an intramuscular ph buffer (15).• Reduces lactate “burn” associated fatigue during extreme exercise (15).