

BUILD
RESTORE
ACTIVATE
VITALIZE
ENERGIZE

B.R.A.V.E.

MOMENTUM

Aminos + Energy Dietary Supplement

Energy Pre-Workout is a delicious training drink combining twelve free-form Amino Acids plus an Energy Blend to help you train longer with energy and focus! You can take Energy Pre-Workout on both training and non-training days for energy, endurance and muscle recovery. You can use this anytime for any occasion. Not only will you get increased energy, but the Amino Blend contains BCAAs and essential amino acids to build and maintain lean muscle.*



*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: Stir 1 scoop with 6-8 ounces of liquid, and consume in the morning and/or between meals. Pre- Workout, take 1 or more servings 20-30 minutes before activity. Post-Training, take 1 or more servings immediately after finishing activity.

SPECIFICATIONS

- Flavor: Peach Mango
- 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: 9g (1 Scoop)
Servings Per Container: 40

Amount Per Serving	%Daily Value**	
Calories 5		
Total Carbohydrates	3 g	1%
Dietary Fiber	2 g	8%
Vitamin A	186 IU	4%
Amino Blend (Taurine, L-Glutamine, L-Arginine, L-Leucine, L-Valine, L-Isoleucine, L-Citrulline, L-Tyrosine, L-Theanine, L-Histidine, L-Lysine HCl, L-Threonine)	5000 mg	**
Energy Blend (Caffeine, Theobromine, Green Tea Extract)	175 mg	**

**Percent Daily Values are based upon a 2,000 calorie diet.
† Daily Value not Established

Ingredients: (Chicory Root Powder) Inulin, Malic Acid, Natural & Artificial Flavors, Sucralose, Silicon Dioxide, Citric Acid, Acesulfame Potassium, Beta Carotene, Vegetable Juice Color.

CONTAINS CAFFEINE



KEY INGREDIENTS

INGREDIENT	BENEFITS
Vitamin A	<ul style="list-style-type: none"> • Supports vision health, skin health, immune health, and increases antioxidant support (182, 183). • Supports antioxidant function via decreased inflammatory cytokines (inflammation), decreased reactive oxygen species, and increased L-glutathione production (master antioxidant). • Supports visual health via increased amounts of plasma vitamin A in macular (eye) tissues.
L-Glutamine	<ul style="list-style-type: none"> • The most abundant amino acid in skeletal muscle that fuels immune cells, improves exercise recovery, and optimizes gut microbiome (18). • Vital for lymphocyte (immune cell) proliferation (growth) and paramount in neutrophil (immune cell) destruction of bacteria (18). • Vital for activation of genetic signals that support immune function and vitality (18). • Glutamine is utilized by immune cells at high rates during catabolic conditions (post-surgery, sepsis, burns, and extreme exercise (18).
Taurine	<ul style="list-style-type: none"> • Supports hydration, increased energy, antioxidant function, and increases fat metabolism during aerobic exercise (242,243). • Supports antioxidant function via combating reactive oxygen species (243). • Increases fat metabolism during exercise via enhanced mitochondrial fatty acid oxidation (cells using fat as fuel) (242).
L- Arginine	<ul style="list-style-type: none"> • Natural vasodilator precursor to increased nitric oxide levels (1). • Supports immune function by maturation of the T cell (immune cell) receptor zeta (TCR) (2). • Improves exercise performance via increased stroke volume (blood flow) and increased nutrient delivery to exercising muscle (3). • Reduces arterial blood pressure, insulin resistance, and supports fat lipolysis (fat burning) (4).
BCAA 2:1 (Leucine, Valine, Isoleucine)	<ul style="list-style-type: none"> • Improve exercise performance, increase muscle protein synthesis, prevent muscle tissue break down, supports immunity, gut health, lipid metabolism, and recovery (41,42). • Leucine stimulates muscle protein synthesis (muscle growth) via stimulation of the mTORC1 pathway (genetic pathway for cell growth) even in a caloric deficit (41). • Suppresses muscle degradative pathway (muscle tissue break down) during times of catabolism and caloric deficit (41). • Leucine stimulates muscle growth in sarcopenic elderly individuals that have increased leucine needs (41). • Acts as a regulator to promote intestinal development, nutrient transporters, and immune-related function (42).

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INGREDIENT	BENEFITS
L-Citrulline	<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).
L-Theanine	<ul style="list-style-type: none"> • A unique non-protein amino acid found in green tea (<i>Camellia sinensis</i>) (53). • Supports mood, mental clarity, and cognitive health, memory, and is a natural anti-depressant/neuroprotective agent (53). • Aids as an antidepressant due to partial antagonism for the N-methyl-D-aspartate receptor manifesting its cognitive optimizing effects (53). • Reduces the neuropsychiatric side effects of chronic adolescent THC exposure (54).
L-Tyrosine	<ul style="list-style-type: none"> • Supports memory, cognitive flexibility, the executive function of the brain, and convergent thinking (60). • A precursor to dopamine and is vital for dopamine synthesis in the brain (60). • Supports cognitive function in individuals with high amounts of stress and anxiety (60,61). • Increases dopamine levels in highly stressed individuals (60).
L- Lysine	<ul style="list-style-type: none"> • Supports skin health, immune health, antioxidant function, reduced anxiety, and energy production (313). • Supports reduced anxiety via decreases in plasma cortisol concentrations (313).
L-Histidine	<ul style="list-style-type: none"> • Supports immune health (314).
Caffeine	<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).
Green Tea Extract	<ul style="list-style-type: none"> • Supports increased nitric oxide production, reduces blood pressure, reduces DNA damage, increases collagen production, increases bone strength, and aids as a neuroprotective agent (31). • Supports antioxidant function via modulation of antioxidant enzyme expression, protection against oxidative damage, and reduced reactive oxygen species (31). • Supports cardiovascular health via reduced atherosclerosis, inhibiting lipid peroxidation, and improved endothelial vascular function (31).
Theobromine	<ul style="list-style-type: none"> • Supports increased energy and cognitive function (312).
L-Threonine	<ul style="list-style-type: none"> • Supports digestive health via restoration of mucin synthesis and stabilization of gut microbiota (311).