

PreTrain NRG™

Supports ATP production, focus, and energy*

👉 PRTNRG | 6.3 oz (180 g) | Cherry-Lime Flavor

PreTrain NRG™ is a comprehensive pre-workout powder specifically designed for peak athletic performance.* It is formulated with an extensive blend of well-researched nutrients that help support focus, power, and mental energy in athletes.* To help push the boundaries on muscular endurance and strength, magnesium and creatine are included to support fitness performance and help hydrate the muscle during exercise.*

PreTrain NRG™ delivers L-theanine and caffeine in a 2-to-1 ratio to help power through any workout without the jitters or energy crash often experienced after consuming pre-workout supplements containing high amounts of caffeine, which can negatively impact the body's stress response over time.*



FITNESS PERFORMANCE*



Promotes energy production and athletic performance*



Supports mental alertness and calm focus*



Helps support normal blood flow to vital organs and tissues during workouts*



May support muscle strength, power, and endurance*



Promotes healthy body composition and fat metabolism*



May help discourage muscle fatigue*

Supplement Facts

Serving Size 9 grams (approx. one scoop)
Servings Per Container 20

Amount Per Serving	% Daily Value
Calories	10
Total Carbohydrate	3 g 1%††
Dietary Fiber	1 g 4%††
Magnesium (from Creatine MagnaPower®)	200 mg 48%
Sodium	40 mg 2%
Magnesium Creatine Chelate (Creatine MagnaPower®)	2.5 g *
Acetyl L-Carnitine HCl	1.5 g *
Creatine (from Creatine MagnaPower®)	1.1 g *
N-Acetyl-L-Tyrosine	750 mg *
Adenosine 5'-Triphosphate Disodium (PEAK ATP®)	400 mg *
L-Theanine	200 mg *
Caffeine (from green coffee beans)	100 mg *

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

Other Ingredients: Natural flavors, partially hydrolyzed guar gum, citric acid, steviol glycosides (Reb M), luo han guo extract (fruit).

Recommended Use: Mix 9 grams (approx. one scoop) in 8-12 oz of water and consume 30-45 minutes before a workout or as directed by your health-care practitioner.

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

JUST THE FACTS:

Compare supplement facts to the leading brands

- Essential electrolytes for optimal cellular hydration*
- **Magnesium Creatine Chelate (from Creatine MagnaPower®)** — Key mineral needed for sustained energy production and muscular endurance*
- **Acetyl L-carnitine** — Brain-supportive powerhouse that promotes the utilization of fats for energy, supporting metabolic health*
- **Creatine** — Helps hydrate muscle during exercise, promoting muscle pump and growth*
- **N-acetyl-L-tyrosine** — This highly bioavailable amino acid supports a healthy stress response and optimal neurotransmitter production*
- **Adenosine-5'-triphosphate (as PEAK ATP®)** — ATP is the body's energy currency needed for strength, power, and recovery during exercise, and helps curtail exercise-induced fatigue*
- **L-theanine & caffeine (from green coffee beans)** — Designed to support the nervous system and adrenal glands, the 2:1 ratio provides clean energy and calm focus*
- Tasty cherry-lime flavor and sweetened with stevia leaf and monk fruit extracts
- 0 g sugar; no artificial sweeteners, flavors, or dyes

*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.