

BRUTAL ENERGY

HIGH STIM PRE-WORKOUT

- INTENSE ENERGY
- EXPLOSIVE STRENGTH
- SHARP FOCUS



250g
20
SERVES

PASSIONFRUIT
RASPBERRY LEMONADE
STRAWBERRY KIWI
HONEYDEW MELON

Brutal Energy High-Stim pre-workout is formulated with ingredients that provide mental and physical energy for any type of workout (aerobic or anaerobic).

The Energy & Focus complex ingredients boost mental alertness and elevate mood to make pushing through a mentally tough session easy. Supporting this with Strength & Performance ingredients like creatine, beta alanine and betaine means you don't beat your body up into a state of over-training and allows progressive results from the hard work put in during the training session.

B vitamins and BCAA's support metabolic energy producing functions in the body and provide the energy substrate for working muscles.

The focus is on using natural, safe ingredients, no narcotics in disguise.

STRENGTH & PERFORMANCE

Beta Alanine – improves the body's ability to resist physical fatigue. Delays fatigue and improves muscular strength and power through stabilising muscle pH. Improves both aerobic and anaerobic performance.

Betaine – aids endurance, boosts muscle mass and strength and may also improve body composition by lowering bodyfat. Also plays a role in relieving aches and pains which also helps improve ongoing physical performance.

Arginine – increase Nitric Oxide levels to improve blood flow to working muscles.

krealkalyn – all the benefits of Krealkalyn – improve strength & muscular endurance through metabolic pH buffering.

B VITAMINS folic acid, biotin, B1, B2, B3, B6, B12 – support the action of betaine as well as play a critical role in energy production including the metabolism of carbs, support the health of nerves and blood cells for optimal workout performance.

BCAA's – 2:1:1 branched chain amino acids are used by muscles for energy during workouts – help support action of key ingredients by providing an energy substrate so as not to utilise the body's own muscle. Essentially providing 'muscle food' for the workout.



NUTRITION INFORMATION	Per Serving	% Daily intake ^a (per serving)	Per 100g
Servings per pack: 20 Serving size: 12g			
ENERGY & FOCUS COMPLEX			
Green Coffee Extract (Caffeine)	175 mg		1458 mg
TeaCrine® (Theacrine)	200 mg		1667 mg
Acetyl-L-Carnitine	100 mg		833 mg
Mucuna Pruriens Extract (L-Dopa)	150 mg		1250 mg
N-Acetyl-L-Tyrosine	400 mg		3333 mg
STRENGTH & PERFORMANCE			
Beta Alanine	1500 mg		12500 mg
Betanine	1500 mg		12500 mg
Arginine	1100 mg		9167 mg
Kre-Alkalyn® (Creatine Monohydrate)	1000 mg		8333 mg
Thiamine (B1)	0.5 mg	41%	4.1 mg
Pyridoxine (B2)	0.8 mg	58%	6.3 mg
Niacin (B3)	4.4 mg	28%	36.5 mg
Folate	90 ug	23%	738 ug
Pyridoxine (B6)	0.7 mg	55%	5.9 mg
Cyanocobalamin (B12)	0.9 ug	38%	7.4 ug
Biotin	11 ug	37%	91.3 ug
Branched Chain Amino Acids	490 mg		4083 mg
L-Leucine	350 mg		2917 mg
L-Isoleucine	350 mg		2917 mg
L-Valine	350 mg		2917 mg

EST No. 2330

APPROVED FOR SPORT



TEACRINE

ENERGY COMPLEX

CAFFEINE from natural green coffee extract, – reduces the perception of effort so your workout feels easier.

TeaCrine – similar to caffeine but is slower to build a tolerance. Improves mental and physical energy while reducing the perception of fatigue. Acts to improve mood and motivation and provides some pain reduction during exercise. Delivers energy, mental clarity and improved motivation and mood, without increasing heart rate or blood pressure. Delivers energy and focus without the crash, jitters or habituation associated with caffeine.

TeaCrine and caffeine are perfect compliments. Caffeine alone = 2 hours. Caffeine + TeaCrine = 4-6 hours. Together with caffeine, TeaCrine extends the feeling of energy. It provides a 'cleaner' energy without the crash or jitters, and improves focus and concentration for real results.

TeaCrine is not habit forming nor does the body get used to it. The strength of the effect remains the same, even after 60 days of use.

N-acetyl-L-carnitine – Stimulates the mind and increases neural communication, providing better cognitive processes. Also associated with cell growth and recovery and muscle building.

L-dopa from Mucana Pruriens – promotes feeling good, enhances mood and improves motivation. Also associated with increased HGH levels and has antioxidant properties.