

BRUTAL ENERGY

HIGH STIM PRE-WORKOUT

INTENSE ENERGY

Brutal Energy V2 High-Stim pre-workout took the best energy and focus ingredients from Brutal Energy and amped up the Strength & Performance while adding new natural Mood & Mindset actives to give the ultimate experience of **mental and physical energy** with a **heightened feeling of wellbeing** 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 citrulline, beta alanine and ATP 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 **Mood & Mindset** lifts you and takes you into 'the zone' for an extreme feeling of cognitive agility, switched on attention and improved reaction time.

As with Brutal Energy, the focus is on using natural, safe ingredients, no narcotics in disguise.

ENERGY & FOCUS COMPLEX

250mg CAFFEINE from natural green coffee extract, – reduces the perception of effort so your workout feels easier. We boosted the Natural caffeine to give you more mental energy to spark you into the exercise zone.

100mg 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.

400mg L-Tyrosine – this amino acid helps to make important substances such as neurotransmitters dopamine, adrenaline and noradrenaline. Dopamine regulates your 'feel good' reward and pleasure centres to help uplift you through tough workouts while adrenaline and noradrenaline prepare you for the stress of battling your PB's and pushing to the next level of performance. Tyrosine allows you to perform longer and with better focus during times of stress or when you're tired.

100mg Acetyl-L-carnitine – Stimulates the mind and increases neural communication, providing better cognitive processes. Also associated with cell growth and recovery and muscle building.

STRENGTH & PERFORMANCE

6000mg Citrulline Malate – The original and the best pre-workout ingredient! All the pump promoting benefits of L-Citrulline (increasing nitric oxide) with the ability to convert food into useable energy (ATP), to help provide more energy for high intensity exercise! Massive pump with delayed onset of exercise-induced fatigue in one ingredient!

3200mg 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.

210mg ATP – ATP produces energy for about 45 seconds of very high intensity activity, then rest time is required to replenish ATP to be used again, but this replenishment is limited. ATP in Brutal Energy can improve the ability of muscle to continue to function even after multiple bouts of high exhaustive exercise. Simply put, it helps keep strength and performance high right until the very end of a gruelling session. No tapping out early due to fatigue!

V2



354g
20
SERVES

PASSIONFRUIT
RASPBERRY LEMONADE
HONEYDEW MELON
sour GUMMY BEAR

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.

MOOD & MINDSET

200mg Walnut Extract – a natural plant extract that helps improve cognitive performance, including improved reaction time and mental function.

200mg Choline as Alpha GPC & Choline Bitartrate – Choline is an essential nutrient that makes acetylcholine, an important neurotransmitter that plays a role in muscle movement, regulating heartbeat and memory. Choline helps maintain a healthy functioning nervous system and positively impacts cognitive performance. Alpha GPC also contributes to supporting the actual structure of cell membranes as well as the cognitive functions.

200mg Theanine – this amino acid helps with mental performance, focus and attention. When taken with caffeine it allows you to switch attention between tasks... go from lifting to spotting your training partner or when mental agility is needed in sport or gaming.

Nutmeg gives a natural sense of heightened calm.

DIRECTIONS FOR USE: Take 17.7g (1 SCOOP) mixed with 400ml of water 15-20 minutes before training or intense exercise. Also suitable for use during training. Recommended consumption: 1 Serving per day.

INGREDIENTS: L-Citrulline Malate, Beta-Alanine, Branched Chain Amino Acids (L-Leucine, L-Isoleucine, L-Valine), Flavour Enhancers (Sodium Chloride, Sodium Citrate), Anti-Caking Agent (551), Artificial Flavours, Choline bitartrate, Sweeteners (Acesulfame Potassium, Sucralose), Tyrosine, Green Coffee Extract (**Caffeine**), Theacrine (as **TeaCrine®**), Adenosine 5'-Triphosphate Disodium, L-Theanine, English Walnut Extract (Fruit), Myristica fragrans Extract (Nutmeg), Acetyl-L-Carnitine, Alpha-Glycerol Phosphoryl Choline, Colours (Tartrazine, Allura Red, Brilliant Blue, Annato extract), B Vitamins [Nicotinamide (B3), Riboflavin (B2), Pyridoxine hydrochloride (B6), Thiamine mononitrate (B1), Folic Acid, Biotin, Cyanocobalamin (B12)]

Contains Caffeine. Manufactured on equipment that also produces products containing Milk, Soy and Egg products.



Made in Australia
from less than 10%
Australian ingredients

TEACRINE®

INTERNATIONAL PROTEIN

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Protein