



PREWORKOUT

IDLife PreWorkout delivers a powerful boost to help you conquer your workout. Packed with a premium complex blend of targeted amino acids, branched chain amino acids (BCAAs), vitamins, minerals, enzymes and nutrients, this formula will help maximize your physical conditioning and mental focus.*

DIRECTIONS:

Mix one stick into 8-12 ounces of water or beverage of your choice 30 minutes prior to beginning your workout. May consume 1-2 times per day.

AVAILABLE FLAVORS:

- Raspberry Zest

BENEFITS:

- No Artificial Flavors or Sweeteners
- 150 mg Caffeine
- 2000 mg Creatine
- 500 mg Beta Alanine
- 1000 mg BCAAs

FAQs:

CAN I USE PREWORKOUT WITH OTHER IDLIFE PRODUCTS?

All IDLife products are designed to be consumed together.

WHY DID IDLIFE DEVELOP PREWORKOUT?

IDLife identifies products that people already use that can be improved in quality and safety. PreWorkout was created to provide people with an excellent option that does not contain the unnecessary ingredients found in other products.

WHAT MAKES PREWORKOUT BETTER THAN OTHER PERFORMANCE PRODUCTS ON THE MARKET?

This product provides everything you need and avoids ingredients that you don't need, all in the quantities that have scientifically been proven to help attain the desired outcome.

WHAT NATURAL FLAVORS ARE IN PREWORKOUT?

Raspberry Zest has raspberries and lemon.

WHY DO WE USE CREATINE IN PREWORKOUT?

It is one of the most researched supplements available and has been scientifically proven to build muscle.*

*These statements have not been evaluated by the Food and Drug Administration. IDLife products are not intended to diagnose, treat, cure or prevent any disease. IDLife does not represent that its products are certified organic under the United States Department of Agriculture Rules and Regulations.

Supplement Facts

Serving Size: 1 Stick (14.2 g)
Servings Per Container: 15

	Amount Per Serving	% Daily Value*
Calories	25	
Total Carbohydrate	6 g	2%*
Vitamin C (as Ascorbic Acid)	100 mg	111%
Vitamin B3 (as Niacinamide)	15 mg	94%
Folate	450 mcg	188%
Vitamin B12 (as Methylcobalamin)	50 mcg	2083%
Biotin	1000 mcg	3333%
Calcium (as Calcium Citrate)	100 mg	8%
Magnesium (as Magnesium Oxide)	75 mg	18%
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	3 mg	27%
Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)	200 mcg	571%
Sodium (as Sodium Chloride)	150 mg	7%
Potassium (as Potassium Citrate)	153 mg	3%
Creapure® Creatine Monohydrate	2000 mg	**
D-Ribose	1000 mg	**
Arginine (Alpha- Ketoglutarate Dihydrate 2:1)	1500 mg	**
Glycine	750 mg	**
Beta Alanine	500 mg	**
L-Leucine (AjiPure®)	500 mg	**
L-Glutamine (AjiPure®)	250 mg	**
L-Citrulline	250 mg	**
L-Isoleucine (AjiPure®)	250 mg	**
L-Valine (AjiPure®)	250 mg	**
Caffeine (as Caffeine Anhydrous and N-Dur™)	150 mg	**
Papain 2000 USP units/mg)	25 mg	**
Bromelain (2400 USP units/mg)	25 mg	**
BioPerine® (Black Pepper Extract) (Piper Nigrum)	2 mg	**
Coconut Water Powder	150 mg	**

*Percent Daily Values are Based on a 2,000 Calorie Diet. **Daily Value Not Established.

OTHER INGREDIENTS: Maltodextrin, Citric Acid, Natural Flavors, Malic Acid, Stevia Leaf Extract, Silicon Dioxide, Beet Powder.

Avoid exposure to excessive heat, light & moisture.

Contains tree nuts (from coconut water powder).