



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:

- Strawberry Kiwi
- Mixed Berry

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?

Strawberry Kiwi has strawberries and kiwis. Mixed Berry has raspberries, blueberries, strawberries and acai.

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 (14.7 g)
Servings Per Container: 20

	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	**
Folate	450 mcg	**
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	500 mg	**
L-Glutamine	250 mg	**
L-Citrulline	250 mg	**
L-Isoleucine	250 mg	**
L-Valine	250 mg	**
Caffeine (as Caffeine Anhydrous and VitaSure® Caffeine SR)	150 mg	**
Papain 2000 USP units/mg)	25 mg	**
Bromelain (2400 USP units/mg)	25 mg	**
Black Pepper Extract (Piper Nigrum) (Fruit) BioPerine® 50:1	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, Natural Flavor, Citric Acid, Malic Acid, Stevia Leaf Extract, Silicon Dioxide.



POSTWORKOUT

IDLife PostWorkout is an athletic grade, nutritional supplement that supports muscle repair and growth. It provides relief from symptoms of inflammation, soreness and fatigue after intense physical activity, so you can recover faster from your workouts and give your body the essential nutrients it needs.*

DIRECTIONS:

Mix one stick into 8-12 ounces of water or beverage of your choice within 45 minutes after completing your workout. May consume 1-2 times per day.

AVAILABLE FLAVORS:

- Strawberry Kiwi
- Mixed Berry

BENEFITS:

- No Artificial Flavors or Sweeteners
- 500 mg Glutamine
- 1000 mg Creatine
- 1000 mg D-Ribose
- 2000 mg BCAAs

FAQS:

WHY ISN'T THERE PROTEIN IN POSTWORKOUT?

IDLife has already developed an extremely high quality protein shake. We designed a PostWorkout product that replenishes essential electrolytes and nutrients so the body can recover and repair itself. This allows people to choose their protein source after completing their workout.

CAN I USE POSTWORKOUT WITH OTHER IDLIFE PRODUCTS?

All IDLife products are designed to be consumed together.

WHY DID IDLIFE DEVELOP POSTWORKOUT?

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

WHAT MAKES POSTWORKOUT 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 POSTWORKOUT?

Strawberry Kiwi has strawberries and kiwis. Mixed Berry has raspberries, blueberries, strawberries and acai.

WHY DO WE USE CREATINE IN POSTWORKOUT?

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

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Supplement Facts

Serving Size: 1 Stick (11 g)
Servings Per Container: 20

	Amount Per Serving	% Daily Value*
Calories	20	
Total Carbohydrate	5 g	2%
Vitamin C (as ascorbic acid)	100 mg	111%
Folate	100 mcg	**
Vitamin B12 (as Methylcobalamin)	25 mcg	1042%
Biotin	1000 mcg	3333%
Magnesium (as Magnesium Oxide)	150 mg	36%
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	3 mg	27%
Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)	100 mcg	286%
Sodium (as Sodium Chloride)	100 mg	4%
Potassium (as Potassium Citrate)	202 mg	4%
D-Ribose	1000 mg	**
L-Leucine	1000 mg	**
Creatine MagnaPower® (Magnesium Creatine Chelate)	1000 mg	**
L-Taurine	250 mg	**
L-Glutamine	500 mg	**
L-Isoleucine	500 mg	**
L-Valine	500 mg	**
Quercetin Powder (as Quercetin Dihydrate from Dimorphandra Mollis) (Bud)	100 mg	**
Co-Enzyme Q10 (as Ubidecarenone)	25 mg	**
Papain 2000 USP units/mg)	25 mg	**
Bromelain (2400 USP units/mg)	25 mg	**
Black Pepper Extract (Piper Nigrum) (Fruit)	5 mg	**
BioPerine® 50:1		
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 Flavor, Malic Acid, Stevia Leaf Extract, Silicon Dioxide.





THE SCIENCE OF WORKOUT PRODUCTS: PROBLEM & SOLUTION

Physical activity is a critical part to leading a healthy lifestyle. Many people choose to take their workout to the next level by supplementing with a preworkout and postworkout formula. The sports nutrition category has grown exponentially over recent years to keep up with this desire.

THE PROBLEM:

- Most workout formulas on the market today are designed to give the user a euphoric rush or burst of energy in an effort to give the impression that the substance is providing the user a benefit. Unfortunately, many of these products are providing a short-term result while compromising the long-term health of the user.
- Most preworkout formulas on the market are laced with large amounts of ingredients designed to do little more than increase heart rate and blood flow so the user “feels” it working. Many use cheap artificial ingredients, flavors and sweeteners that provide little nutritional value.
- During intense physical activity, tissues get damaged at the micro-level and, if left unattended, could lead to an increased risk of injury, muscle loss and fatigue. Without proper postworkout nutrition, the body exhibits symptoms of physiological stress that can include muscle atrophy, delayed onset muscle soreness (DOMS), edema (swelling), inflammation and fatigue.

THE SOLUTION:

- IDLife PreWorkout is packed with a premium blend of targeted amino acids, branched chain amino acids (BCAAs), vitamins, minerals, enzymes and nutrients that help maximize your results and give you the mental focus you need without any unnecessary fillers or additives that could actually hinder your workout.*
- IDLife PostWorkout is an athletic grade, nutritional supplement that supports muscle repair and growth and provides relief from symptoms of soreness and fatigue after intense physical activity. This allows you to recover faster from your workouts and give your body the essential nutrients it needs.*
- When these products are taken together you have the perfect combination of nutritional supplements to maximize your workouts, support muscle growth and restoration, and break through those dreaded plateaus.*

“I’ve been using the Pre and Post workouts for 2-3 weeks. This is the first time I’ve been able to swim a mile straight in 20 years. I’ve been lifting heavier than I’ve been lifting in years.” —Tony G.