

UPGRADE YOUR PERFORMANCE

WITH THE GOLD STANDARD OF SPORTS NUTRITION



-30
MINUTES
BEFORE

BEFORE YOUR WORKOUT

IT'S TIME TO UPGRADE YOUR PERFORMANCE AND DRINK YOUR GOLD STANDARD PRE-WORKOUT™. THIS FORMULA RAISES THE BAR OF THE PRE-WORKOUT CATEGORY BY ONLY DELIVERING YOUR BODY THE VITAL SUPPORT IT NEEDS TO ACHIEVE YOUR TRUE STRENGTH. **THE PREMIUM BLEND OF B VITAMINS, CAFFEINE AND CREATINE** HELP YOU TO DIAL IN INTENSE ENERGY, MENTAL ALERTNESS AND PERFORMANCE AHEAD OF YOUR WORKOUT.



THE SCIENCE

CAFFEINE

THOUGH CAFFEINE-ABSORPTION RATES CAN VARY ACCORDING TO AGE, DIET AND BODYWEIGHT, THE STANCE FROM THE EUROPEAN FOOD SAFETY AUTHORITY HAS AGREED THAT AT LEAST 75 MG OF CAFFEINE PER DOSE INCREASES ALERTNESS AND IMPROVES CONCENTRATION.

FOCUS

THE NATURAL SOURCES OF CAFFEINE IN GOLD STANDARD PRE-WORKOUT™ HAVE KICKED IN AND YOU'VE ENTERED THE GYM FEELING FOCUSED AND MENTALLY ALERT. NOTHING ELSE MATTERS RIGHT NOW, THIS IS YOUR TIME. YOU ARE FOCUSED ON MAKING EVERY REP, EVERY DROP OF SWEAT, EVERY SECOND COUNT. **LET'S DO THIS.**

15
MINUTES

ENERGY

YOUR HEART IS POUNDING AND YOUR BODY IS SWEATING, THE HARD WORK HAS JUST BEGUN, BUT YOU'RE READY FOR WHAT LIES AHEAD. YOU'VE PREPARED FOR THIS, YOU'RE **ENERGIZED AND FEELING CONFIDENT.**



THE SCIENCE

B VITAMINS

THE NEW GOLD STANDARD PRE-WORKOUT CONTAINS A COMPLEX BLEND OF B VITAMINS, INCLUDING B1, B3, B5, B6 AND B12 WHICH HELPS SUPPORT YOUR BODY'S ENERGY YIELDING METABOLISM.

LET'S POWER THROUGH

NOW IT'S GETTING SERIOUS. THE INTENSITY OF YOUR SESSION HAS INCREASED, AS HAS YOUR DESIRE TO MAKE IT TO THE END WITH THE SAME LEVEL OF DEDICATION AND WORK – YOU KNOW YOU'VE GOT WHAT IT TAKES.

THE CREATINE IN YOUR GOLD STANDARD PRE-WORKOUT IS THERE TO SUPPORT YOUR BODY'S ABILITY TO **MAXIMISE PHYSICAL PERFORMANCE IN REPEATED BURSTS OF SHORT-TERM, HIGH-INTENSITY EXERCISE.** LET'S TAKE THE INTENSITY TO THE NEXT LEVEL.

30
MINUTES



THE SCIENCE

CREATINE

TOPPING UP YOUR CREATINE STORES BEFORE A HIGH INTENSITY PERFORMANCE SESSION IS KEY TO MAXIMISING YOUR ABILITY TO MAINTAIN A HIGH LEVEL OF INTENSITY THROUGHOUT THE SESSION. GOLD STANDARD PRE WORKOUT IS A BANNED SUBSTANCE FREE WAY FOR ATHLETES TO ENSURE THEY ARE ALWAYS ACHIEVING THE HIGHEST LEVEL OF PERFORMANCE.

LET'S UPGRADE

AS THE WORLD'S NO.1 SPORTS NUTRITION BRAND WE HAVE DEVELOPED GOLD STANDARD PRE-WORKOUT™ TO DELIVER YOU ONLY THE INGREDIENTS YOU NEED AND NOTHING YOU DON'T. OUR INFORMED SPORT CERTIFIED FORMULA HAS BEEN CREATED FOR ATHLETES WHO DEMAND ENERGY, FOCUS, POWER AND PERFORMANCE. YOUR BODY DESERVES ONLY THE BEST AND THAT'S WHAT IT'S GOT. **THE FINISH LINE IS IN SIGHT.**

40
MINUTES



BREATHE

YOU'VE DONE IT AGAIN. YOU'VE FINISHED YOUR SESSION AND YOU KNOW YOU'VE GIVEN IT EVERYTHING YOU HAVE. IT'S TIME TO **RE-HYDRATE AND STRETCH.**

50-60
MINUTES

RELAX

HEAD HOME TO REFUEL KNOWING YOU'VE ACHIEVED YOUR **TRUE STRENGTH.**

KEY INGREDIENTS

FOUNDATIONAL INGREDIENTS:

175 MG CAFFEINE FROM NATURAL SOURCES
3 G CREATINE
VITAMINS B1, B3, B5, B6, B12

BEYOND SCIENCE:

1.5 G BETA-ALANINE
1.5 G L-CITRULLINE
375 MG OF L-CARNITINE
250 MG OF N-ACETYL-L-TYROSINE



UPGRADE YOUR PERFORMANCE



OPTIMUM NUTRITION
GOLD STANDARD