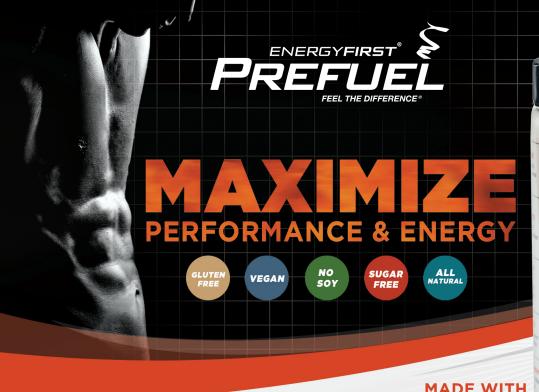


www.EnergyFirst.com



MADE WITH
100% NATURAL
INGREDIENTS



PREFUEL®...the BEST All-Natural
Pre-Workout & Performance Enhancing
Product on the Market

How do we know? Because we test our products extensively and the nutrients are scientifically designed to increase physical performance dramatically while delaying fatigue and increasing output.

In our studies, many of the athletes who take PREFUEL are able to do twice the repetitions with the same amount of weight. With our team of athletes who took PREFUEL before their training and workouts...the runners were able to run faster times and achieve 'personal bests', out professional Beach Volleyball players were able to play longer in the heat while hitting the ball harder, and when we gave PREFUEL to our team of competitive cyclists, they had increased stamina and power while powering up the hills around the Palos Verdes Peninsula!



FIGHT FATIGUE - Support protein synthesis, cell volumization, and neural activation.



#### **INCREASE PERFORMANCE -**

Specific, potent blend of amino acids that fuel workout intensity.

# WHAT OTHER BENEFITS ARE THERE WITH PREFUEL®?

Prefuel has been proven to show mental benefits of clarity, concentration and improved focus. Recovery is quicker, performance is better, and taking Prefuel every day has a cumulative effect in boosting the immune system and helping people to perform better in all areas of their lives.

Prefuel® is ALL-NATURAL, 100% Sugar Free, 100% Gluten Free, super healthy and really works! We use minimal amounts of caffeine to limit the adrenal boost and give you that powerful boost you get from enhanced blood flow, additional absorption, amino acids, and other key ingredients which delay fatigue while significantly upgrading your power!



#### **SPORT VITAMINS AND MINERALS -**

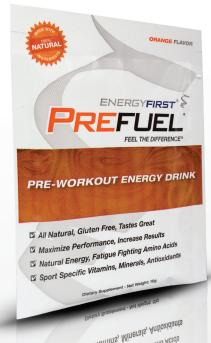
Assist long term physical and mental performance.



**ANTIOXIDANTS -** Powerful free radical support from green tea polyphenols.



**NATURAL ENERGY -** Ideal amounts of green coffee bean and natural caffeine.



#### **HOW TO USE PREFUEL®?**

- Mix with 8-10 oz. of cold water 20-30 minutes prior to activity.
- >>> Take One scoop anytime throughout the day for an amino acid boost with improved focus, clarity, and creativity.
- >>> Take One scoop after workout as a great way to boost recovery.
- >> Take Two scoops as the standard pre-workout dosage.
- Take Three scoops to maximize energy and performance (for people who really want to push harder and farther than before).

SERVING	One Scoop	Two Scoops	Three Scoops      30grams
SIZE	10grams ()	20grams ())	
WHEN TO TAKE PREFUEL	Morning Wake Up	Standard Pre-Workout Recommendation	Before Intense Pre-Workout
ENERGY	Anytime	Power Through	Maximum Energy
LEVEL	Pick Me Up	Any Workout	& Performance
CAFFEINE	75grams	150grams	225grams

### OTHER SUGGESTED WAYS TO USE PREFUEL®?

We suggest everyday you start your lives with an *EnergyFirst®* Shake. Packed with protein to help you get lean, burn fat, lose weight and get healthy, just add One scoop of Prefuel to your favorite shake and get the energy and boost to start your day. We have over 30 recipes on our website and this is one recipe to fuel up!

- 1-3 cups pure water or other liquid
- Recommended serving of ProEnergy
- 1 tbsp. OmegaEnergy Oil or 1/4 cup OmegaEnergy Mix
- 1 cup frozen fruit
- One scoop Prefuel and/or Greenergy



# IMPROVE WORKOUT QUALITY NATURALLY WITH ENERGYFIRST PREFUEL®! FEEL THE DIFFERENCE®



## **100% SATISFACTION GUARANTEED**



We have added the following ingredients with additional benefits to the New & Improved Prefuel®:

- Glutamine minimize muscle breakdown and improve protein metabolism
- Creatine monohydrate better high intensity performance- less myostatin (more muscle growth) high IGF-1 response, better brain function, better heart function
- Citrulline malate better nutrient delivery and nitric oxide generation
- Instant BCAAs- provides high octane fuel for muscles during workouts, greater strength, fat loss and anabolic potential
- · Taurine powerful cell volumizer and antioxidant
- · Betaine anhydrous enough to help generate more power and strength
- Beta-alanine powerful carnosyn booster to help delay lactic acid build up- significantly improve time to exhaustion in intermediate duration sports and high intensity activity
- Tyrosine excellent brain booster when combined with caffeine for great workout focus
- Carnitine tartrate helps shuttle fatty acids into the mitochondria for greater endurance
- Rhodiola rosea 4% actives significantly more than in current product- helps keep adrenal function strong and stress low- proven to help reduce exercise induced cortisol and incredible brain booster
- Ashwaganda extract excellent super herb for adapting to stress and work loads- helps maintain
  optimal stress related response. A missing key link in pre-workouts and true energy products
- Grape seed 95% Proanthocyanidins powerful antioxidant supports cardiovascular system
- Bioperine black pepper extract tested dose of an extract of black pepper to support optimal absorption of nutrients



## What's inside... Anabolic Strength, Power & Endurance Blend

Prefuel ingredients offer the building blocks for more strength, power, and endurance. These ingredients promote muscle development and recovery by sustaining an anabolic environment

Creatine monohydrate brings results by increasing strength and lean mass. It provides additional energy for muscles to contract by replenishing muscle stores of creatine phosphate. This is a quick and usable source of energy for muscles to use after ATP stores are depleted.

Creatine has been shown to pull water into muscle cells, thus increasing the size of muscles. More importantly, research data shows that creatine places the body in an anabolic (muscle-building) state.

Instantized branched-chain amino acids (BCAAs), leucine, isoleucine, and valine, are absolutely essential for those who want to build muscle. In PreFuel, they are included in the safest ratio of 2:1:1 that favors leucine. Leucine is the most potent of the BCAAs, playing a special role in stimulating protein synthesis

Exercise causes BCAA degradation. Without adequate BCAAs, the body would go into catabolism (muscle breakdown) mode. Thus, BCAA supplementation helps prevent muscle breakdown. It also can reduce post-workout muscle damage and soreness.

Betaine anhydrous: According to the European Journal of Applied Physiology, this naturally-occurring chemical creates the proper hormonal environment (especially regulating insulin sensitivity) to favor muscle growth. Several studies show that betaine anhydrous increases performance in cyclists, and power and force in bench press, squat, and jump test

The beta-alanine used in PreFuel has shown results in a broad span of athletic performances - everyone from elderly subjects to professional body builders, endurance cyclists, collegiate football players, and competitive sprinters. Beta-alanine increases muscle carnosine levels. Carnosine is a muscle buffer that decreases acidosis by buffering the acidic environment created by active muscles. It also improves endurance, increases strength, and synergistically works with creatine monohydrate to delay muscle fatigue.

#### **Nitric Oxide and Cell Volumizing Complex**

Why look for citrulline malate in your preworkout fuel? During highintensity exercise, ammonia levels rise in muscles, which can lead to exhaustion. Citrulline has been shown to repress the exerciseinduced rise in ammonia levels, thus improving exercise performance and delaying exhaustion.

Another reason citrulline should be in PreFuel is because the body converts citrulline to arginine, which is broken down to produce nitric oxide (NO). NO improves blood (and thus oxygen and nutrient) delivery to organs and active muscles. This increases endurance and tolerance to physical exercise and boosts recovery.

For an NO boost, arginine is included in its more absorbable form Larginine HCL.

Lglutamine is the most abundant amino acid in the body. Your body can normally make it enough of it. However, exercise increases your body's demand for glutamine. Glutamine helps remove excess ammonia from muscles. Supplying your body with enough glutamine prevents it from breaking down muscle to obtain glutamine.

High levels of taurine can be found in muscles. However, studies show that taurine levels decrease in muscles after exercise, regardless of duration. When combined with BCAAs, taurine works as an antioxidant, defending muscle tissue from free radical damage and enhancing fatigue resistance.

Lglycine: This is one of the three amino acids that forms creatine. Creatine acts as a direct energy source for muscles and is the material needed for building muscle.

Red beet root extract: Red beet root juice provides dietary nitrates that enhance exercise tolerance during high intensity exercise. In fact, one study published in the journal Medicine and Science in Sports and Exercise found that a single dose of beetroot enhanced performance of trained cyclists in highaltitude conditions.

#### **Energy, Focus & Fatty Acid Oxidation Matrix**

Your goal is to gain and maintain lean body mass. The following brainboosters and fat burners will help sharpen mental focus and burn fat to fuel workouts.

Tyrosine is a precursor to producing important hormones and neurotransmitters, such as epinephrine and dopamine. Physical stress, exercise included, can deplete these hormones and neurotransmitters. Tyrosine helps correct their levels, which helps increase stamina and mental focus.

Green tea extract: Green tea is high in catechins, especially the active epigallocatechin gallate (EGCG). This catechin encourages fat burning.

The green coffee bean extract is concentrated to 50% of its main active ingredient, chlorogenic acid. Chlorogenic acid prevents weight gain by inhibiting fat absorption and activating fat metabolism in the liver. LCarnitine LTartrate (LCLT): LCLT is included to aid in metabolizing fats. It also acts as a recovery supplement, reducing the amount of muscle tissue damage (and soreness) caused by exercise stress and optimizing muscle tissue repair

#### **Concentrated Antioxidant & AntiInflammatory Blend**

Exercise naturally causes oxidation to occur. Antioxidation is a must! Without supplementing antioxidant stores, one can overwhelm or exhaust antioxidant defenses. Timely antioxidant supplementation can minimize the detrimental effects of oxidation and can prevent fatigue. The following blend of muscle protectors help provide antioxidants needed to neutralize free radicals that damage even muscle cell DNA and membranes.

Nacetylcysteine (NAC): this derivative of the amino acid cysteine is a strong antioxidant. Better yet, it helps recycle an even more powerful antioxidant, glutathione. The antioxidant capacity of NAC cleans up the free radicals formed during exercise and helps delay fatique.

Green tea extract is also included in our antiinflammatory blend for its polyphenolic and EGCG content. The catechin ECGC is well known to enhance fat metabolism. It can also improve insulinsensitivity. The potent polyphenols can also boost cardiovascular health by improving risk factors for cardiovascular disease and markers for inflammation.

Citrus bioflavonoids (such as quercetin, hesperidin, and tangeretin) synergistically work with vitamin C to scavenge free radicals. A study published in the Journal of Agriulture and Food Chemistry found that it can also help lower cholesterol and triglyceride (fat circulating in blood) levels.

Turmeric: The curcuminoids found in turmeric have potent antioxidant power to reduce inflammation and offset any muscle fiber damage or free radical damage caused by oxidation zfrom exe

#### **Key Adaptogen Complex**

The following adaptogens strengthen the body and increase its resistance to daily stress.

One of the main components of rhodiola rosea is salidroside. It is known to help enhance performance and fight fatigue. It can also protect nerves from free radical damange. In one study, rosavins, another component of rhodiola rosea, aided exercise endurance after just a single dose.

Organic Ashwagandha (also known as Indian ginseng) packs the stressreducing and energy-boosting power of withanolides. Studies attest to its ability to improve cardiorespiratory endurance, reduce blood levels of the stress hormone cortisol, and reduce BMI. Withanolides also have anticancer and antiinflammatory properties, protective against neurodegenerative diseases like Alzheimer's disease.

Siberian ginseng root: This ingredient boosts the body's ability to handle the physical stress, labor, and exhaustion associated with exercise. It heightens energy levels and resistance to disease. Research even points to siberian ginseng's ability to improve concentration.

#### **Nutrient Utilization and Absorption Blend**

Astragin is a blend of Panax notoginseng and astragalus membranaceus extract. These root extracts support amino acid and vitamin absorption in the small intestine. This blend improves the lining of the intestinal wall, the function of which declines with age. Astragin boosts the availability of amino acids and glucose in the bloodstream. This blend is NSF certified (tested and passed by third party testing on metals and pesticides).

Black pepper extract enhances the bioavailability of nutrients. Piperine, the key alkaloid of black pepper, is responsible for improving intestinal nutrient absorption by the intestinal villi as well as boosting brain function. Black pepper stimulates the digestive enzymes of the pancreas, thus enhancing digestion.



#### Pre-Fuel Tangy Orange- EnergyFirst

## **Supplement Facts**

Serving Size 1 Scoop (10g)

Servings Per Container 32

Amount Per Serving		
Calories 20	Calories from Fat 0	
	% Daily Values	
Total Carbohydrate 2 g		1%
Sodium (as chloride)	45 mg	2%
Sugars 0 g		
Calcium (as carbonate)	50 mg	5%
Magnesium (as citrate)	20 mg	5%
Potassium (as citrate)	50 mg	2%
Niacin in Saccharomyces cerevisiae (baker	s	
yeast)	15 mg	75%
Vitamin B6 in Saccharomyces cerevisiae		
(baker's yeast)	2 mg	100%
Vitamin B12 in Saccharomyces cerevisiae		
(baker's yeast)	15 mcg	250%

#### Anabolic Strength, Power & Endurance blend 2500 mg

Creatine Monohydrate, Instantized Branched Chained Amino Acids 2:1:1 (Leucine, Isoleucine, Valine), Betaine anhydrous, CarnoSyn ® Beta-Alanine

# Nitric Oxide and Cell Volumizing Complex 2815 mg Citrulline Malate 1:1, L-Glutamine, Taurine, L-Glycine, L-Arginine

HCL, Red beet root extract

Energy, Focus, & Fatty Acid Oxidation Matrix 930 mg

1-Tyrosine. Green tea extract (standardized for caffeine\*\*)

L-Tyrosine, Green tea extract (standardized for caffeine\*\*), Green coffee bean extract (50% chlorogenic acid), L-Carnitine L-Tartrate.

#### Concentrated Antioxidant & Anti-Inflamatory blend 435 mg

N-Acetyl-L-Cysteine, Green tea extract (standardized for 90% polyphenols & 50% EGCG), Grape Seed Extract (Standardized to 95% Proanthocyanidins), Citrus bioflavonoid complex, Turmeric (Standardized to 95% curcumininoids),

**Other Ingredients:** Organic tapioca maltodextrin, Natural flavors, Citric Acid, Calcium silicate, Organic lemon flavor, Stevia leaf extract (Reb A).

#### Key Adaptagen Complex

140 mg

Rhodiola Rosea Extract (Standardized to 4% Rosavins & 1% Salidrosides), KSM-66 ® organic Ashwagandha (standardized to 5% withanolides), Siberian ginseng root (Eleutherococcus senticosus)

## Nutrient Utiization and Absorption blend 27.5

Astragin ™ ((Panax notoginseng (root) extract and Astragalus membranaceus (root) extract), BioPerine ® (Piper nigrum) black pepper extract

AstraGin™ is a trademark of NuLiv Science.

KSM-66® is a registered trademark of Ixoreal Biomed Private Limited

BioPerine® is a trademark of Sabinsa Corporation.

CarnoSyn® is a registered trademark of Natural Alternatives International, Inc. (NAI).

<sup>\*\*</sup> Total caffeine from all sources is equal to 75 mg/ 10 g serving

<sup>†</sup> Percent Daily Values are based on a 2,000 calorie diet

<sup>\*</sup>Daily Value not established