



## Pre-WorkOut

L-citrulline, beta-Alanine, Raspberry, Guarana, Acerola, Rhodiola, Brewer's Yeast, Grape Seeds

**For an excellent sports session**

	1 unit
30 servings / Pre-WorkOut 210 g	19,90 €
1 serving / Pre-workout 7 g	1,50 €

### PRINCIPAL INDICATIONS:

Energy (fatigue)

Brand: **Ab's**

**Pre-Workout by Abs creates a natural synergy that will give you strength and energy before each sports session, for optimum results and better physical recovery.**

Its amino acid content boosts energy.

**L-citrulline reduces the accumulation of ammonia (1), a cause of fatigue, and intervenes in the synthesis of the nitric oxide** required for vasodilation. It regulates various functions in skeletal muscle, such as glucose uptake, blood pressure, oxygenation and muscle contraction (2-4).

**Beta-Alanine is essential for synthesis of carnosine (5)**, an antioxidant and ergogenic dipeptide that acts as a **pH stabiliser**, rendered acidic by intense sport (6, 7).

**Raspberry and grape seeds** are rich in phenolic compounds, **antioxidants** essential for muscle recovery. Our natural raspberry juice also provides fibre, vitamins (E, C) and minerals (magnesium, iron and phosphorus) (8).

**Guarana** seeds stimulate the central nervous system. As well as **accelerating basal metabolism and thermogenesis (9)**, their caffeine content **improves cognitive performance** and promotes physical and mental strength (10).

**Rhodiola**, an exceptional **adaptogen**, helps the body to regulate the symptoms of stress (11-15).

**Acerola** fruit is an excellent antioxidant and anti-inflammatory, as it contains up to 60 times more **vitamin C** than oranges! (16) Our Pre-Workout provides 100% of Dietary Reference Values in vitamin C.

Our **brewer's yeast** is an excellent source of **vitamin B**. With just 0.5 g of this unique formula, the body obtains all the intake it needs to function well (regulation of hormone activity, normal energy metabolism, reduction of fatigue) (17).

**Our unique Pre-Workout formula by Abs contains the most effective ingredients to delay the onset of fatigue; to**

improve the performance and the physical endurance.

## Bibliography

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  15. Committee on Herbal Medicinal Products (HMPC) Community herbal monograph on *Rhodiola rosea* L., rhizoma et radix. EMA/HMPC/232091/2011.
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## Health claims



The European Medicines Agency (**EMA**) has approved the traditional use of guarana seeds for the treatment of fatigue and weakness.

Vitamin C contributes to the reduction of tiredness and fatigue.

Folate contributes to normal amino acid synthesis.

## Composition

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### INGREDIENTS:

Per daily dose (7 g): L-citrulline, from biotech (obtained by natural fermentation) (2 g), maltodextrin (1.24 g), raspberry juice powder (*Rubus idaeus* L.) (1 g), beta-alanine (0.8 g), brewer's yeast with standardised B-group vitamin content *Saccharomyces cerevisiae*, nicotinic acid (13 mg niacin (81% NRVs\*)), calcium D-pantothenate (4.8 mg pantothenic acid (80% NRVs)), pyridoxine hydrochloride (1.6 mg vitamin B6 (114% NRVs)), riboflavin (1.3 mg vitamin B2 (93% NRVs)), thiamine hydrochloride (0.9 mg vitamin B1 (82% NRVs)), pteroylmonoglutamic acid (190 µg folic acid (95% NRVs)), D-biotin (25 µg biotin (50% NRVs))) (0.5 g), dry extract of guarana seeds (*Paullinia cupana* Kunth) (standardised to contain 22% caffeine, i.e. 80 mg) (0.365 g), dry extract of acerola fruit (*Malpighia glabra* L.) (standardised to contain 25% vitamin C, i.e. 80 mg in the form of L-ascorbic acid (100% NRVs\*)) (0.32 g), dry extract of roseroot (*Rhodiola rosea* L.) (standardised to contain 5% rosavins, i.e. 5 mg) (0.1 g), grape seeds dry extract (*Vitis vinifera* L.) (standardised to contain 95% proanthocyanidins, i.e. 95 mg) (0.1 g).

\*NRVs: Nutrient Reference Values.

### Other ingredients:

Natural flavouring with sweetener: steviol glycosides, acidity regulator: citric acid.

### ALLERGENS:

This product does not contain allergens (in accordance with Regulation (EU) No 1169/2011) nor genetically modified organisms.

### FABRICATION AND GUARANTEE:

This food supplement is manufactured in accordance with GMPs according to current pharmaceutical standards. (GMPs are the Good Manufacturing Practices of the European Pharmaceutical Industry). The active ingredient content is guaranteed through regular analyses that can be viewed online.

## Use

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### DIRECTIONS:

Mix 7 g of powder (1 measuring spoon) with 250 ml of water, 30 minutes before exercise. Use a shaker to prepare, then leave to stand for a few minutes.

### WARNINGS:

Do not use in case of pregnant or lactating women. Contains caffeine. Not recommended for children, adolescents, pregnant or lactating women (80 mg caffeine/ 7 g powder). Do not exceed the recommended daily dose.

### ADVICES:

Does not replace a varied and balanced diet and a healthy lifestyle. If you are undergoing medical treatment, seek your therapist's advice. For adult use only. Keep out of reach of young children.

### STORAGE INSTRUCTIONS:

Store in a cool dry place away from sunlight.