Supplements

Beta Alanine

Increased Muscle Carnosine Levels

- Improved Endurance and Delayed

- Enhanced Strength and Power

Increased Anaerobic Capacity

Improved Muscle Recovery

L-Citrulline

- Increased Nitric Oxide Production
- Enhanced Muscle Strength and
- Delayed Muscle Fatigue and Reduced Soreness
- Soreness Increased Energy Production
- Improved Endurance and
- Performance - Cardiovascular Health Benefits
- **Enhanced Muscle Pumps**

Betaine Anhydrous

- Increased Strength and Power
- Output - Enhanced Muscle Endurance
- Improved Body Composition
 Increased Nitric Oxide Production
- Enhanced Protein Synthesis
- Improved Hydration

Creatine HCL - Increased Strength and Power

- Improved Muscle Endurance - Enhanced Muscle Pumps
- Increased Protein Synthesis
- Reduced Water Retention
- **Enhanced Cognitive Function**

AgmaPure (Agmatine Sulphate)

GlycerSizeTM (65% Glycerol Powder)

Increased Muscle Fullness and Pump

Improved Hydration

GLYCER

Enhanced Endurance and Performance - Reduced Perceived Effort

Improved Thermoregulation

- Increased Nitric Oxide Production **Enhanced Muscle Pumps**
- Improved Nutrient Delivery
- Reduced Muscle Fatigue Enhanced Endurance & Performance Mood and Cognitive Benefits



L-Tyrosine

- Enhanced Focus and Mental Performance
- Improved Stress Response
- Increased Energy and Endurance
- Reduced Perceived Fatigue Improved Recovery

Alpha-GPC 50% (Al-

pha-Glycerylphosphor-

ylcholine)

Increased Growth Hormone Release

Cognitive Enhancement

- Neuroprotective Effects - Improved Power Output

Mind-Muscle Connection

Potassium Citrate - Improve Electrolyte Balance

- Muscle Function and Contraction - Blood Pressure Regulation
- pH Balance and Acid-Base Regulation
- General Health and Well-being

Pink Himalayan Salt

- Electrolyte Balance Trace Minerals Hydration Support

- AstraGin - Increased Nutrient Absorption
- Improved Muscle Recovery
- Enhanced Energy Production Immune System Support
- Anti-Inflammatory Effects

Mesembrine

- Mood Enhancement
- Stress Reduction Cognitive Function

Vitamin B6, B3, B5,

B1, B12

the B-vitamins in non-stimulant pump-based pre-workout supplements support energy metabolism, enhance cognitive function, and contribute to overall well-being. They can aid in converting food into energy, support the nervous system, and promote the health of various bodily systems.

Huperzia Serrata

- Improved Cognitive Function
- Enhanced Memory and Learning
- Neuroprotective Effects Increased Energy and Alertness

NitroRocket

- Increased blood flow
- Muscle oxygenation
- Cognitive function



