

Pre-workout formula to support focus, power, and energy for optimal sports performance*

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WHAT IS WORKOUT COMPLEX?

Workout Complex is a comprehensive pre-workout powder specifically designed for peak athletic performance.* It is formulated with an extensive blend of beneficial nutrients and compounds to support focus, power, and mental energy during exercise.* It features tyrosine, acetyl-L-carnitine, L-theanine, and caffeine from green coffee beans to help promote focus, energy, and fat metabolism, along with adenosine-5'-triphosphate (as Peak ATP®) to support strength, power, and recovery during exercise, and help mitigate exercise-induced fatigue.*

To help push the boundaries on muscular endurance and strength, magnesium, magnesium creatine chelate, and creatine (from Creatine MagnaPower®) are included to support athletic performance, and strength, and promote optimal muscle function during exercise.* Workout Complex powder has a pleasant-tasting Cherry Lime flavor and is sweetened with stevia leaf and monk fruit extracts.

FORMULA HIGHLIGHTS

- Features 200 mg of magnesium and 1.1 g of creatine (from 2.5 g of Creatine MagnaPower®) per serving to promote skeletal muscle hypertrophy*
- Provides 1.5 g of acetyl-L-carnitine per serving to support brain health and promote fat metabolism*
- Contains 750 mg of acetylated L-tyrosine per serving added to support nervous system health*
- Contains 400 mg of adenosine-5'-triphosphate (ATP [as Peak ATP®]) per serving to support athletic performance*
- Provides L-theanine and caffeine in a 2:1 ratio to promote mental alertness and calm focus*
- Includes the essential electrolytes sodium and magnesium
- Free of artificial sweeteners (e.g., sucralose) and food dyes; sweetened with stevia leaf and monk fruit extracts
- Gluten-free, dairy-free, soy-free; non-GMO
- NSF Certified for Sport®

SUPPORTS COGNITIVE FUNCTION, ALERTNESS, AND FOCUS*

The mental drive and focus of beginning and staying in a workout for the desired duration can sometimes take extra support. The L-theanine, caffeine, and tyrosine in Workout Complex are added for that exact purpose.¹ Ergogenic aids are compounds that may support athletic performance in a variety of ways, with caffeine being one of the most well-known.² Many pre-workout supplements supply high amounts of caffeine, equivalent to five cups of coffee. However, caffeine in high amounts may be associated with jittery feelings and energy crashes in some people.* Workout Complex supplies just 100 mg of caffeine, the equivalent to a typical 8 oz cup of coffee, in a 2:1 ratio to L-theanine, to support a calm yet energized nervous system

and mental state.* L-theanine is an amino acid and bioactive compound found primarily in tea that exhibits the ability to calm a racing mind into an alpha-wave mental state, where anxiety is lessened and focus is heightened.³ Athletes who intake caffeine with L-theanine may experience better focus and reaction time than taking either compound alone.⁴ This was seen in a double-blind placebo-controlled study on 22 elite athletes, which found that those who supplemented with a single serving of 6 mg/kg of L-theanine and 6 mg/kg of caffeine 60 minutes before curling shots experienced greater improvements in their reaction time and shooting scores compared to those taking either compound on their own or the placebo group.⁴



Tyrosine is offered in the acetylation form (as acetyl-L-tyrosine) to help increase the stability and solubility of tyrosine, making it more bioavailable and stable. The addition of this compound helps support a healthy stress response, which may promote sports performance, especially for competitive athletes who perform at high levels.* This amino acid is also a precursor to the catecholamines of dopamine, serotonin, and norepinephrine.⁵ These neurotransmitters are responsible for motivation, joy, learning, and focus.⁶ Supplementing with tyrosine may support the proper metabolism of these neurotransmitters and help athletes better tolerate and perform better in extreme environments, both physically and mentally.^{5,7,8} A systematic review of 15 human clinical studies (n = 148) suggests that loading tyrosine (2 to 20 g) before a single demanding situation can help mitigate decreases in working memory and information processing that often occur.⁵ This effect is likely due to tyrosine's ability to support the normal metabolism of the depleted catecholamines in these situations.⁵ One randomized controlled trial (RCT) looked at 15 subjects exposed to a cold environment that dropped their core body temperature, which can commonly be associated with reduced cognitive abilities. The researchers observed that those who were supplemented with 300 mg of tyrosine one time, leading into the cold exposure, experienced greater mitigation of cognitive decline compared to the placebo group.⁸

MAY MITIGATE MUSCLE FATIGUE DURING EXERCISE*

Adenosine-5'-triphosphate (ATP) is the energy produced within the cells to power the human body. Workout Complex features ATP as Peak ATP®. Human clinical studies show that supplementing with ATP in combination with exercise can help support muscle mass, strength, and power.⁹⁻¹¹ In addition, it can speed recovery, which may attenuate typical declines in performance and provide athletes with a novel method to promote positive training adaptations.¹¹ One randomized, double-blinded study performed with recreationally resistance-trained men (n = 11) evaluated the difference in performance between a single supplement of Peak ATP® (400 mg) or a placebo thirty minutes before performing four sets of one-repetition max squats. The study found that those supplementing Peak ATP® exhibited greater weight lifted, greater range in heart rate, and greater capacity of oxygen consumption compared to the group taking the placebo.⁹ Consistent supplementation with Peak ATP® for multiple weeks may also be beneficial in supporting athletic performance.* Another RCT on 42 men found that those who supplemented with 400 mg/day of Peak ATP® for two weeks before a test of repeated sprints experienced less drop in post-exercise ATP levels and greater improvement in peak power output by upwards of 18% compared to the placebo group.¹⁰ This suggests that Peak ATP® may help mitigate the decline in performance during repeated bouts of intense exercise.¹⁰

MAY SUPPORT ENDURANCE IN ATHLETES*

Carnitine is a compound naturally occurring in the body and can also be obtained through diet or supplementation. However, it is only found in animal products so supplementation may be of particular benefit to vegans and vegetarians.* Carnitine is found throughout the body, but its high concentration in skeletal muscle and heart tissue is particularly interesting.¹² This may help explain why increasing carnitine intake can help promote an athlete's capacity to resist fatigue and support muscle strength in a variety of age groups.^{12,13} Workout Complex provides carnitine as acetyl-L-carnitine, which has a similar structure to acetylcholine; therefore, it may stimulate acetylcholine receptors in the brain.* The acetyl group allows it to cross the blood-brain barrier, which does not occur with L-carnitine. Thus, acetyl-L-carnitine supports

the brain while offering the benefits of L-carnitine.*

One double-blind study evaluated 26 healthy soccer players aged 17 to 19 and the impact L-carnitine supplementation would have on their endurance performance. The 12 participants who were given one serving of 3 g to 4 g of L-carnitine one hour before a running test exhibited a prolonged capacity to run and had lower levels of lactic acid buildup in their muscles compared to the placebo group.¹² A review of studies with human athletes demonstrated that L-carnitine supplementation had positive effects on exercise performance and muscle bioenergetics (e.g., increased VO2 max, decreased plasma lactate) by delivering fat fuel to muscles; however, results varied and more human clinical trials are warranted.¹⁴

MAY SUPPORT MUSCLE STRENGTH*

Creatine and magnesium are supplied in the form of Creatine MagnaPower® in this product. Creatine supports muscle function and muscle protein synthesis.* Magnesium-creatine chelate supplementation promotes optimal muscle function and supports muscle protein synthesis better than non-chelated forms.¹⁵ An RCT double-blinded study on 31 weight-trained subjects evaluated the effect of supplementing either 2.5 g of magnesium-creatine chelate, 2.5 g of creatine, or a placebo for ten days. Each athlete performed a one-repetition max bench press at the study's beginning and the end. The findings showed that the group taking magnesium-creatine chelate demonstrated significantly better performance than the placebo group and marginally better results than the creatine monohydrate group.¹⁶

BENEFITS*:

- Supports muscle strength, power, and endurance^{4,7,12,16}
- Promotes energy production^{9,10}
- May help mitigate muscle fatigue^{10,12}
- Supports mental focus and alertness^{3,4,8}

HOW TO TAKE

Mix 9 grams (approx. one scoop) in 8 oz of water and consume 30-45 minutes before a workout.





Supplement Facts

Serving Size 9 grams (approx. one scoop)
Servings Per Container 20

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Calories	10	Creatine (from Creatine MagnaPower®)	1.1 g *
Total Carbohydrate	3 g 1% ^{††}	N-Acetyl-L-Tyrosine	750 mg *
Dietary Fiber	1 g 4% ^{††}	Adenosine 5'-Triphosphate Disodium (PEAK ATP®)	400 mg *
Magnesium (from Creatine MagnaPower®)	200 mg 48%	L-Theanine	200 mg *
Sodium	40 mg 2%	Caffeine (from green coffee beans)	100 mg *
Magnesium Creatine Chelate (Creatine MagnaPower®)	2.5 g *	<small>*Percent Daily Values are based on a 2,000 calorie diet.</small>	
Acetyl L-Carnitine HCl	1.5 g *	<small>*Daily Value not established.</small>	

Other Ingredients: Natural flavors, partially hydrolyzed guar gum, citric acid, steviol glycosides (Reb M), Luo han guo extract (fruit).

INCLUDES THE ESSENTIAL ELECTROLYTES SODIUM AND MAGNESIUM

INCLUDES CREATINE TO SUPPORT STRENGTH*

CAFFEINE & L-THEANINE PROMOTE ALERTNESS AND CALM FOCUS*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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