

Pre-Workout Elite

Optimize focus, strength, output, and recovery*



ATP
Alpha-GPC
Mushroom blend

Guayusa
Mango
Quercetin phytosome



What it is

Pre-Workout Elite is an exclusive Thorne formula of unique performance-boosting ingredients and a mushroom blend designed to help you perform your best without unpleasant side effects.*

What it does

Ingredients in Pre-Workout Elite provide:

- / A natural boost in the body's ability to produce energy*
- / An increase in blood flow to the muscles*
- / A greater ability to push your body to its limits*
- / Less fatigue so you can extend your training sessions*
- / Support for your body's ability to build lean muscle mass*
- / Benefits you can feel as soon as 30 minutes after consumption*
- / Added benefits for recovery and post-workout fatigue*

Who can benefit

- / Pro or amateur athletes wanting to improve their game
- / Exercise enthusiasts wanting to get the most out of their workouts
- / Anyone wishing to improve stamina*
- / A person of any age wanting to support cognition and mental focus*
- / Individuals working on body composition and improved lean muscle mass*

What the individual ingredients do

Peak ATP®

Peak ATP is a patented form of adenosine 5'-triphosphate disodium (ATP). As the fuel for energy production in the body, a sufficient level of ATP is essential to physical and mental energy, stamina, and optimal performance.*

Benefits of Peak ATP:

- / Improves blood flow to support muscle function and recovery*
- / Promotes muscle strength and power so you achieve the most from your workouts*
- / Supports the ability to build lean body mass*
- / Benefits recovery and post-workout fatigue and soreness so you can get back to your game, faster*

PeakO2® Mushroom Blend

PeakO2 is a blend of six adaptogenic mushrooms that support your body's ability to adapt to and overcome physical and mental stressors so you can perform at your best.*

Benefits of PeakO2:

- / Supports the body's natural production of ATP – its cellular fuel*
- / Enhances workout effectiveness by promoting exercise capacity*
- / Helps extend the time-to-exhaustion during play and exercise*
- / Helps increase maximum power output and strength*

Alpha-GPC (L-alpha-glycerylphosphorylcholine)

By supporting your body's production of the brain neurotransmitter acetylcholine, alpha-GPC helps optimize the "mental game" aspect of your performance.*

Benefits of Alpha-GPC:

- / Supports focus and memory so you can stay in the zone*
- / Promotes neurological health and cognitive processing*
- / Can help to maintain healthy memory function and mental performance*
- / Promotes physical endurance so you can train and compete at your best*
- / Supports production of human growth hormone (HGH)*

Guayusa leaf extract

The guayusa plant is native to the Amazon rainforest and is rich in antioxidants. Because guayusa provides natural caffeine, the extract used in Thorne's Pre-Workout Elite utilizes a patented extraction process that reduces the jitters and side effects common to other caffeine sources.

Benefits of guayusa leaf extract:

- / Supports physical and mental energy with fewer side effects than synthetic caffeine*
- / Helps improve reaction time and cognitive focus during exercise*
- / Helps reduce the effects of physical exertion on the body and mind*
- / Enhances blood flow for optimized performance and recovery*

Mango leaf extract and quercetin phytosome

Pre-Workout Elite contains patented mango leaf extract (Zynamite®) and quercetin phytosome (which uses patented phytosome technology from Indena to yield up to 20-times better absorption than regular quercetin). Mango leaf and quercetin work synergistically to enhance the mental and physical benefits of the Pre-Workout Elite formula.*

Clinical studies indicate this potent combination helps:

- / Increase power output and physical performance measures*
- / Boost recovery and repair after exercise*
- / Support optimal onset of mental focus and reaction time*

Features of Pre-Workout Elite

- / NSF Certified for Sport®
- / Powder form for ease of mixing in water or preferred beverage
- / Citrus berry flavor
- / No side effects like itching, burning, or tingling skin
- / Benefits of a pre-workout without the jitters or crash
- / Can be paired with other supplements, like Creatine or Beta-Alanine, to create the ultimate workout stack

Which Thorne products pair well with Pre-Workout Elite?

Pre-Workout Elite can be combined with other Thorne NSF Certified for Sport powders with compatible flavor profiles:

- / **Amino Complex** (lemon or berry) – for additional muscle repair support*
- / **Creatine** (unflavored) – for additional endurance and cellular energy*
- / **Collagen Fit** (unflavored) – for joint, ligament, and tendon support*
- / **Enteromend®** (orange vanilla) – comprehensive support for gut health*
- / **L-Glutamine Powder** (unflavored) – for gut and immune support*
- / **Magnesium Bisglycinate** (citrus) – for muscle tension and cramping; for rest and recovery, take it alone before bed*
- / **Catalyte®** (lemon lime) – for electrolyte replacement when exercising in the heat or for an extended period (like a long hike); otherwise take during and/or after a workout

Fun with your Pre-Workout Elite



Although Pre-Workout Elite tastes great when mixed with water or a favorite beverage, here are a couple of recipes so you can “mix it up” and kick it up a notch.

Pre-Workout Parfait

Ingredients

- 1 serving plain or vanilla yogurt
- 1 scoop Pre-Workout Elite
- ¼ cup fresh blueberries
- ¼ cup fresh raspberries

Directions

- / Mix the yogurt and Pre-Workout Elite together in a bowl until smooth.
- / Add berries and stir until evenly coated.
- / Enjoy!

Sunrise Smoothie

Ingredients

- ½ cup tangerine juice
- ½ cup frozen pineapple
- ½ cup frozen mango
- ¼ cup plain or vanilla yogurt
- 1 scoop Pre-Workout Elite
- 1 thumbnail-sized piece of ginger root, peeled

Directions

- / In a blender add all ingredients. If it has a smoothie function utilize that, if not blend to smooth.
- / Serving should fit in an 8-ounce glass.





SUPPLEMENT FACTS

VO2

Serving Size: One Scoop (5.11 g)
Servings Per Container: 24

One Scoop (5.11 g) Contains:	%DV	
Calories	15	
Total Carbohydrate	2 g	<1%*
PeakO2® Proprietary Blend† Caterpillar Mushroom (<i>Cordyceps militaris</i>), Reishi Mushroom (<i>Ganoderma lucidum</i>), King Trumpet (<i>Pleurotus eryngii</i>), Shiitake Mushroom (<i>Lentinula edodes</i>), Lion's Mane Mushroom (<i>Hericium erinaceus</i>), Turkey Tail Mushroom (<i>Trametes versicolor</i>)	1,000 mg	**
Alpha GPC (L-alpha-Glycerylphosphorylcholine)	600 mg	**
Peak ATP® (Adenosine 5-Triphosphate Disodium)††	450 mg	**
Guayusa extract (leaf) (<i>Ilex guayusa</i>)	350 mg	**
Mango extract (leaf) (<i>Mangifera indica</i>)†††	140 mg	**
Quercetin Phytosome (<i>Sophora japonica</i> extract (flower) / Phospholipid complex from Sunflower)	35 mg	**

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value (DV) not established

Other Ingredients

Flavor, Maltodextrin, Medium Chain Triglyceride Oil, Rebaudioside A, Citric Acid.
PRODUCT CONTAINS CAFFEINE: Guayusa extract provides approximately 70 mg of caffeine per serving.

Suggested Use

Mix 1 scoop with at least 10 ounces of water or preferred beverage. Consume 15-30 minutes before your workout or as recommended by your health-care practitioner.

Warning

If pregnant or nursing, do not use this product.

†PeakO2® is protected by patents pending owned by Disruptive Nutrition, LLC and under exclusive global distribution by Compound Solutions, Inc.

††PEAK ATP® is a registered trademark of TSI USA, LLC and is used under license.

†††Zynamite® is a registered trademark of Nektium Pharma SL. Patents and patents pending.

SKU	Net Wt.	Benefits	Features
SP688	4.32 oz	Energy* Sports Performance*	NSF Certified for Sport®

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*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.