

IPR – WORKOUT PRIMER

10 Performance

What it is:

- An all-natural pre-workout blend designed to boost strength, power, and training intensity.

Why take it:

- **IPR** improves mental focus, increases muscular power, enhances performance and minimizes fatigue during exercise.

How it works:

- **IPR** is the first workout primer of its kind made with no added caffeine. Made with all natural ingredients with plant based and herbal compounds, amino acids, B vitamins, minerals and electrolytes to make you feel more mentally and physically prepared before you exercise.

Who should take it:

- Those wanting an all-natural pre-workout primer with no added caffeine to help you feel more mentally and physically prepared before your workout.

Dosage:

- Mix 1 rounded scoop mixed with 6-8 oz of water 30 minutes before you exercise to give your body time to metabolize it.

Ingredients:

- Yerba Mate – a mild stimulant that boosts mental focus and increases fatigue resistance. Yerba mate also promotes the use of fat as energy during exertion.
- Creatine – boosts strength, lean muscle quality and cognitive function. Creatine has also been shown to significantly improve body composition.
- Beta-alanine – an amino acid derivative that improves fatigue resistance and enhances the effectiveness of creatine on muscle quality.
- Betaine – protects cells and proteins from stress while decreasing fatigue.
- Acetylcysteine – reduces the effects of stress and fatigue and increases mental focus and mood.
- Herbal Blend – schisandra, rhodiola, goji berry and shilajit all work to enhance mood before a workout, reduce fatigue and improve performance.
- Vitamins and Minerals – Iron, Thiamin (B1), Riboflavin (B2), B6, B12 (as Methylcobalamin), Pantothenic Acid (D-Calcium Pantothenate)
- Proprietary Blend – coconut palm nectar, yerba mate (leaf) extract, rhodiola (root) extract, schisandra (fruit and seed) extract, stevia, goji (fruit) extract, shilajit

FAQ's:

- Can children use this product?
 - We would not recommend children taking any stimulants.