



*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.

†When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party *in vivo* and / or *in vitro* model scientific research data findings for individual ingredients.

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Manufactured for and Distributed By:
 BPI Sports, 3149 SW 42nd St, Suite 200 - Hollywood, FL 33312.
 To report an adverse event or for more information call: 954.926.0900 (tel)
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KETOSIS

is an advanced metabolic state, that allows your body to **UTILIZE STORED FAT** as a primary source of energy.

BEST PRE WORKOUT™

contains **BETA-HYDROXYBUTYRATE (BHB)** an exogenous blend of ketones, that allows your body to enter into a ketogenic state faster and more efficiently. BEST PRE WORKOUT™ contains a scientifically engineered blend of

POWERFUL ENERGY

boosting ingredients, that promote razor-sharp **MENTAL FOCUS** and Increased Energy. The Result is **STRONGER WORKOUTS** and **BETTER PERFORMANCE**, even while on a low-carb diet. We've also included

MEDIUM CHAIN TRIGLYCERIDES (MCTs)

which are a source of energy that is easy for the body to metabolize. MCTs have also been shown to promote excess **CALORIE BURNING**, via Fat Oxidation. Electrolyte management is key to avoiding fatigue often referred to as "Keto Flu". The electrolytes found in the **BHB BLEND** provide an additional benefit by counteracting these effects.

THIS PRE-WORKOUT IS PERFECT FOR:

INTERMITTENT FASTING†

KETOGENIC DIETS†

FASTED CARDIO†

LOW-CARB DIETS†

BE BETTER. BE STRONGER. BPI.



BLUE LEMON ICE

NATURAL AND ARTIFICIAL FLAVORS

NEW!
FIRST EVER KETOGENIC PRE-WORKOUT†
BEST PRE
WORKOUT™
BETA-HYDROXYBUTYRATE KETONE & ENERGY FORMULA††

MAY HELP TO:

- ✓ **INCREASE STRENGTH & PERFORMANCE†**
- ✓ **UTILIZE FAT FOR FUEL†**
- ✓ **INCREASE ENDURANCE†**
- ✓ **PROMOTE SHARP MENTAL FOCUS†**

ADVANCED FORMULA

DIETARY SUPPLEMENT
 NET WT. 11.11 OZ (315 GRAMS)

30
SERVINGS

Please read entire label before use.

Supplement Facts

Serving Size 1 Scoop (10.5 grams)
 Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	40	
Calories from Fat	40	
Total Fat	4 g	6%*
Saturated Fat	4 g	20%*

BEST PRE WORKOUT KETOGENIC BLEND (Proprietary)	7 g	
CAPTEX® Medium chain triglycerides (MCTs)		**
BETA-HYDROXYBUTYRATE (BHB) (as salt form)		**
Calcium Beta-Hydroxybutyrate (as goBHB™)		**
Magnesium Beta-Hydroxybutyrate (as goBHB™)		**
Sodium Beta-Hydroxybutyrate (as goBHB™)		**
BEST PRE WORKOUT™ ENERGY BLEND (Proprietary)	450 mg	**

Caffeine Anhydrous (250 mg), GDP-Choline (Cytidine 5'-diphosphate choline), *Solanum tuberosum*, *Taraxacum officinale* (root), *Lycoris radiata* extract (bulb).

* Percent Daily Values are based on a 2,000 calorie diet.
 ** Daily Value not established.

Other Ingredients: Nonfat dry milk, disodium phosphate, citric acid, natural and artificial flavors, malic acid, fiber blend (cellulose gum, xanthan gum, carrageenan gum), sucralose, acesulfame K, silicon dioxide, and FD&C Blue No. 1. Contains milk.

Suggested Use: Take one (1) serving (1 scoop) approximately 15-30 minutes prior to training, blended into 8 ounces of cold water or beverage, or as suggested by a qualified healthcare practitioner. **Warnings:** Not intended for use by persons under age 18. Do not exceed recommended dose. Get the consent of a licensed physician before using this product, especially if you are taking medication, have a medical condition, you are pregnant, nursing or thinking about becoming pregnant. **KEEP THIS PRODUCT AND ALL SUPPLEMENTS OUT OF THE REACH OF CHILDREN.** **Caffeine warning:** Do not consume caffeine, or combine with sympathetics, including but not limited to coffee, tea, soda and other dietary supplements or medications containing phenylephrine or caffeine. Too much caffeine may cause nervousness, irritability, sleeplessness, and occasionally rapid heartbeat. Discontinue use if you experience dizziness, severe headache, rapid heartbeat or shortness of breath.

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