

Workout Complex



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

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There is no question that intense, prolonged training puts a significant stress on the central nervous system; thus, providing nutrients which optimize brain function may be highly beneficial to the performance of an athlete. Workout Complex features tyrosine, acetyl L-carnitine and caffeine to help increase focus and energy, while creatine is included to improve strength. Adenosine-5'-triphosphate (as Peak ATP®) is an important compound in this formula, as it helps to increase strength, power, and recovery as well as reduce fatigue, enabling a greater amount of reps and sets. Workout Complex is unlike other pre-workout powders and energy drinks. The Designs for Sport™ formula is free of dyes, artificial colors, artificial flavors and sugar. Naturally sweetened with stevia leaf extract, Workout Complex has a pleasant, natural strawberry flavor.

WHY NOT SUCRALOSE?

Sucralose is a biologically active compound that decreases the number and balance of beneficial bacteria in the gastrointestinal tract. It causes epithelial scarring, the depletion of goblet cells and glandular disorganization in the colon, and alters insulin, blood glucose, and glucagon-like peptide 1 (GLP-1) levels.¹

BENEFITS:

- Helps to relieve fatigue
- May promote endurance, energy and focus
- May enhance motor performance
- Supports cognitive health and brain function
- Use before exercise for increased power and overall strength while decreasing muscle fatigue
- May help increase lean body mass

CONSIDERATIONS:

- Consider combining 2 teaspoons of Workout Complex with 2 droppers-full of GPC Liquid and 1 serving of EAA powder to create a Pre-Workout Stack.

KEY INGREDIENTS?

L-theanine and Caffeine: In a 2:1 ratio, caffeine from green coffee

Peak ATP®: Energy source

Tyrosine: Precursor to dopamine, converted to epinephrine and norepinephrine

Acetyl-L-Carnitine ALCAR: Enhances mental focus and energy, carnitine in its acetyl form can cross the blood brain barrier, transports fatty acids across the mitochondrial membrane for oxidation

HOW TO TAKE:

Mix 9 grams (approx. one scoop) in 8 ounces of water and consume 30 to 45 minutes before a workout or as directed by your health-care practitioner.



Supplement Facts

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

Amount Per Serving	% Daily Value	Amount Per Serving	% Daily Value
Dietary Fiber	1 g 4% ^{††}	N-Acetyl-L-Tyrosine	750 mg *
Magnesium (from Magnesium Creatine Chelate)	200 mg 48%	Adenosine 5'-Triphosphate Disodium	400 mg *
Sodium	40 mg 2%	L-Theanine	200 mg *
Magnesium Creatine Chelate	2.5 g *	Caffeine (from green coffee)	100 mg *
Acetyl L-Carnitine HCl	1.5 g *		
Creatine (from Magnesium Creatine Chelate)	1.1 g *		

Other Ingredients: Natural flavors, partially hydrolyzed guar gum, L-leucine, citric acid, stevia leaf reb M (*Stevia rebaudiana*), luo han guo extract blend.



REFERENCES

1. S. Susan Schiffman, Kristina I. Rother. Sucralose, A Synthetic Organochlorine Sweetener: Overview Of Biological Issues. Journal of Toxicology and Environmental Health, Part B, 2013; 16 (7): 399 DOI: 10.1080/10937404.2013.842523