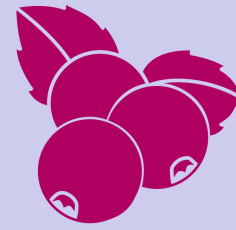




**2before<sup>®</sup>**



## **Blackcurrant Pre-workout**

Blackcurrant berries have been scientifically proven to increase cardiovascular endurance, speed up muscle recovery, reduce inflammation and support immunity.

**Studies show that New Zealand Blackcurrants can improve athletic performance by **4.6%****

[www.2before.com](http://www.2before.com)

# One smart berry, multiple benefits

## Improves Endurance



Promotes vasodilation, making it more efficient for the body to pump oxygenated, nutrient rich blood to the muscles, and remove waste products, such as lactic acid.

## Speeds Up Recovery



Primes the body for recovery by managing oxidative stress through the unique ratio of anthocyanins. Reducing muscle soreness and managing inflammation.

## Supports Immunity



New Zealand Blackcurrants have exceptionally high levels of antioxidants, due to the environmental conditions present in this part of the world. Blackcurrants contain a source of naturally occurring Vitamin C.

# Blackcurrants stack up...



Benefits	Blackcurrant	Beetroot
Improves athletic performance	4.6%	2.8%
Improves recovery after exercise	✓	✗
Supports immunity	✓	✗
Improves blood flow	✓	✓
Manages inflammation for tissue repair	✓	✗

## Born from Science

Our founder's were part of a team at the New Zealand (NZ) Institute for Plant and Food Research that were the first to reveal NZ Blackcurrants had significant benefits for exercise.

# Blackcurrant Pre-workout







Single serve packets contain 120mg of Blackcurrant Anthocyanins, a controlled dose proven to deliver performance and recovery benefits.

Available in both caffeinated and non-caffeinated.

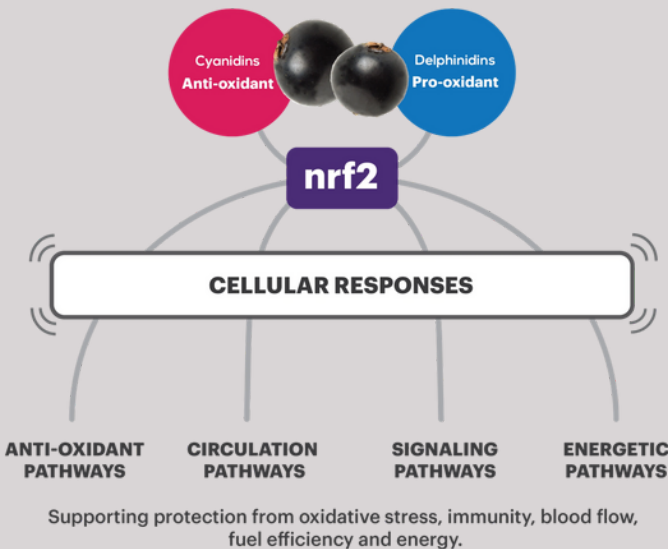
- Delicious tart berry flavor
- Fast and easy to prepare
- Gentle on the stomach
- Informed Sports Certified



# Unique anthocyanin ratios...

	Total Anthocyanins	Cyanidins (anti-oxidant)	Delphinidins (pro-oxidant)
 New Zealand Blackcurrant	773	45%	52%
		<b>Unique Combination</b>	
 Montmorency (Tart) Cherry	533	93%	
 Red Raspberry	92	98%	
 Blackberries	245	100%	
 Elderberry	1373	100%	
 Blueberry	387	7%	31%

The Anthocyanin ratio of Cyanidins and Delphinidins are unique to New Zealand Blackcurrants. Together they switch on the bodies master antioxidant regulator - nrf2. Providing multiple benefits from a single mechanism.



## How to use

For optimal results take 30-60mins prior to training and competing.



Mix with 2-8oz water or juice and drink before working out



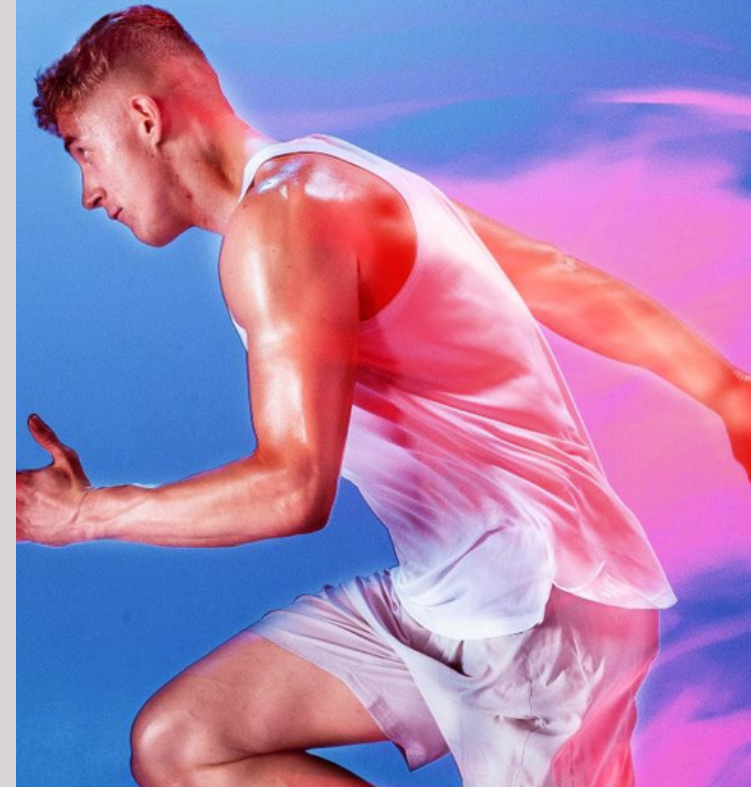
Peak absorption occurs 60mins after consumption



Best results seen through regular daily usage



Take a double dose on game day for advanced performance



## Get In Touch With Us



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