

# TRME™ GO PREWORKOUT+

Discover the plus factor of TRMe GO. Whether you enjoy spending time at the gym or want more energy for your daily walks, our overachieving formulas are made to help boost what you can do. More fitness to more fun. More results to more enjoyment. Specialized benefits help you feel amazing as you get the most out of your exercise. TRMe GO—the right fit for your fitness goals.



## MEET PREWORKOUT+

You work hard to reach your goals—so should your supplements. Optimize your exercise with TRMe GO PreWorkout+. The advanced formula in our hard-working pre-workout helps you make the most of any exercise routine.\*

Clean and uniquely effective ingredients like our GO PreWorkout Blend featuring nature-identical HMB help increase athletic and cognitive performance, reduce fatigue, improve mental focus, support your efforts to build muscle, and promote the normal regulation of blood sugar during exercise.\* Vitamin D<sub>3</sub> works with our unique blend, including HMB, to further support your efforts to build muscle.\* And Choline helps you stay at the top of your cognitive game.\* Multiple powerhouse players that combine to create the perfect pre-workout blend for any physical activity. Unleash the plus factor of TRMe GO PreWorkout+ and go from ordinary to awesome today.

## WHY YOU'LL LOVE IT

- A unique pre-workout supplement that combines HMB with other proven ingredients.
- Unlike many other sports nutrition supplements, PreWorkout+ is naturally flavored, sweetened, and colored.
- Combines multiple powerhouse ingredients to fuel your workout, support your exercise efforts, and help with cognitive performance.\*
- Supports your efforts to build muscle.\*
- Helps reduce fatigue during exercise.\*
- Supports increases to your energy output.\*
- Supports muscle repair.\*
- Supports cognitive performance and mental focus during exercise.\*
- Great tasting and dissolves quickly for fast and easy usage.

- Made using our 6S Quality Process to maintain the highest quality, efficacy, and safety standards through each and every stage of development and manufacturing.

## WHAT POWERS IT

- **GO PreWorkout Blend**—a unique combination of HMB, isomaltulose, and naturally sourced caffeine, designed to help increase athletic performance while supporting your efforts to build muscle. The ingredients in our Go PreWorkout Blend also help reduce fatigue, increase cognitive performance, improve mental focus, and support the normal regulation of blood sugar during exercise.
- **Vitamin D<sub>3</sub>**—works with HMB to further support your efforts to build muscle.
- **Choline**—an essential nutrient that supports cognitive performance and mental focus.

## HOW TO USE IT

TRMe GO PreWorkout+ is designed for adults aged 18 and older who want to optimize their workout and get the very best long-term results for their efforts.

Mix one level scoop of powder with eight ounces of water. Take 30–60 minutes before exercise.

## TRY THESE WITH IT

- TRMe GO Protein+
- TRMe GO Recovery+
- ageLOC® R2
- LifePak®
- OverDrive®
- CordyMax CS-4®

\* 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.

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## LEARN MORE ABOUT IT

### What makes the carbohydrate used in TRMe GO PreWorkout+ unique?

Isomaltulose is a slow-releasing, naturally sourced carbohydrate that provides a more stable form of energy throughout your workout.

### Can anyone take TRMe GO PreWorkout+?

We recommend PreWorkout+ for adults 18 and older. Consult with your doctor before beginning any exercise program. PreWorkout+ is not recommended for children, pregnant or nursing women, or anyone sensitive to caffeine.

### How much Caffeine is in TRMe GO PreWorkout+?

PreWorkout+ contains 100 mg of caffeine per serving. This amount of caffeine has been shown to be safe and effective at increasing energy,\* but low enough to avoid negative side effects in adults not sensitive to caffeine.

### What is HMB and how does it work?

HMB stands for  $\beta$ -hydroxy  $\beta$ -methylbutyrate, which is naturally produced in our bodies from the branched-chain amino acid called leucine. HMB works by decreasing muscle protein breakdown and increasing muscle protein synthesis to aid your efforts to build and strengthen muscle.

### How often should I take TRMe GO PreWorkout+?

You should take PreWorkout+ up to once a day before exercise.

## THE SCIENCE THAT SUPPORTS IT

1. Foxe, J. J., K. P. Morie, P. J. Laud, M. J. Rowson, E. A. de Bruin and S. P. Kelly (2012). "Assessing the effects of caffeine and theanine on the maintenance of vigilance during a sustained attention task." *Neuropharmacology* 62(7): 2320–2327.
2. Fuller, J. C., Jr., S. Baier, P. Flakoll, S. L. Nissen, N. N. Abumrad and J. A. Rathmacher (2011). "Vitamin D status affects strength gains in older adults supplemented with a combination of beta-hydroxy-beta-methylbutyrate, arginine, and lysine: a cohort study." *JPEN J Parenter Enteral Nutr* 35(6): 757–762.
3. Hildebrand, R. A., B. Miller, A. Warren, D. Hildebrand and B. J. Smith (2016). "Compromised Vitamin D Status Negatively Affects Muscular Strength and Power of Collegiate Athletes." *Int J Sport Nutr Exerc Metab* 26(6): 558–564.
4. Konig, D., D. Zdzieblik, A. Holz, S. Theis and A. Gollhofer (2016). "Substrate Utilization and Cycling Performance

Following Palatinose Ingestion: A Randomized, Double-Blind, Controlled Trial." *Nutrients* 8(7).

5. Naber, M., B. Hommel and L. S. Colzato (2015). "Improved human visuomotor performance and pupil constriction after choline supplementation in a placebo-controlled double-blind study." *Sci Rep* 5: 13188.
6. Nissen, S., R. Sharp, M. Ray, J. A. Rathmacher, D. Rice, J. C. Fuller, Jr., A. S. Connelly and N. Abumrad (1996). "Effect of leucine metabolite beta-hydroxy-beta-methylbutyrate on muscle metabolism during resistance-exercise training." *J Appl Physiol* (1985) 81(5): 2095–2104.

## WHAT'S IN IT

### Supplement Facts Serving Size 1 Scoop (9.3g).

**Servings Per Container 20**, Amount Per Serving: **Calories 30; Total Carb.** 7 g (3%\*), **Total Sugars** 5 g, Vitamin D<sub>3</sub> 12.5 mcg (63%), Choline (from Bitartrate) 226 mg (41%), Calcium 219 mg (17%), GO PreWorkout Blend (6.6 g\*\*): Isomaltulose, HMB (as Calcium Hydroxymethylbutyrate), Caffeine (Natural Source from *Coffea robusta*) (100 mg\*\*). \*Percent Daily Values (DV) are based on a 2,000 calorie diet. \*\*Daily Value not established.

### Other Ingredients

Citric Acid, Natural Flavors, Stevia Glycosides (from Stevia Rebaudiana Leaf Extract), Beet Root (for color).

## WARNINGS

Keep out of reach of children. Not recommended for anyone sensitive to caffeine. Consult a physician prior to using this product if you are pregnant, lactating, or have a known medical condition. Do not use if safety seal is broken or missing. Discontinue use and consult a physician if any adverse reactions occur.

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