

# BECOME MORE ACTIVE WITH PRE-WORKOUT LADY



**DELAYS FATIGUE**



**PROLONGS EXERCISE DURATION**

The supplement contains ViNitrox™ - a patented apple and grape extract rich in unique polyphenols that support the activity of enzymes responsible for the production of nitric oxide (eNOS). A study conducted by Nexira® on a group of athletes has shown a delay in the feeling of fatigue, which translated into an increase in the ability to continue exercising compared to the control group.

## PRE-WORKOUT LADY NATURE ESSENCE

cost-effective package  
30 x 5 g - one serving



# TIME TO POWER UP!

**Ignite muscle performance**

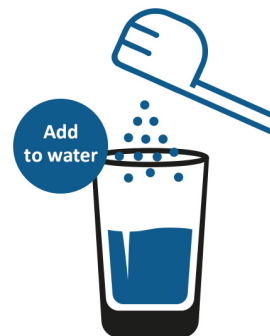
**Break through  
the fatigue barrier**

**Amp up Nitric Oxide level**

**Reduce the oxidative stress**

**NATURE ESSENCE PRE-WORKOUT LADY** is a multi-ingredient pre-workout dietary formula intended to be taken prior to exercise. The product has been created through a careful selection of the best active ingredients, including natural plant extracts, vitamins and amino acids.

**DRINK  
BEFORE  
TRAINING!**



**NATURE ESSENCE**  
PRE-WORKOUT LADY

# PRE-WORKOUT LADY

THE ESSENCE OF NATURE



## ENERGY FOR THE TRAINING

### NATURE ESSENCE PRE-WORKOUT LADY

is a supplement that will make you rediscover the pleasure of training and feel an influx of positive energy. In addition to the natural caffeine obtained from coffee beans, the product also contains a special ingredient that optimizes its positive effect on the body. **EnXtra™** is a plant extract obtained from lengkuas, an exotic cousin of ginger, otherwise known as blue ginger (*Alpinia galanga*). Scientific studies conducted by Enovate Biolife, the manufacturer of **EnXtra™**, have proven that this ingredient can increase the activity of caffeine in the body up to 5 hours without causing restlessness or irritability characteristic of other stimulants.

## INCREASED FAT BURNING

### NATURE ESSENCE PRE-WORKOUT LADY

is also a supplement that may be very helpful in weight control and striving for achieving a slim body thanks to the content of bitter orange. The extract from its peel contains natural synephrine, an alkaloid which supports the process of lipolysis, i.e. the breakdown of storage fat. Moreover, the product formula also provides green tea extract rich in catechins that supports metabolism and ultimately the burning of released fatty acids. **BioPerine®** black pepper extract, standardised to 95% piperine content, supports digestion and absorption of nutrients. **PRE-WORKOUT LADY** has also been supplemented with B-group vitamins B6, B12 and pantothenic acid, which are important for energy metabolism. Vitamin B6 supports the functioning of the nervous system and contributes to the regulation of hormone activity. Pantothenic acid and vitamin B12 reduce the feeling of fatigue and tiredness. The formula has been rounded off with **Inavea™ Baobab & Acacia**, a natural combination of two extremely valuable fibres with prebiotic properties obtained from African baobab and acacia seeds.

LOOK LIKE A LADY  
TRAIN LIKE A BOSS



## THE ACTIVE INGREDIENTS OF PRE-WORKOUT LADY

### Natural caffeine obtained from coffee beans

Increases alertness and concentration  
- improves endurance during training

**EnXtra™**  
extract obtained from blue ginger  
Prolongs the effect of caffeine up to several hours - Stimulation without irritability

**Vinitrox™**  
polyphenol extract from apples and grapes  
Patented antioxidant concentrate - reduces the oxidative stress and delays fatigue (vitamin B12)

**RedNite™**  
extract from farm fresh juice of beetroot  
Source of natural nitrates for working muscles

**Ekstrakt z gorzkiej pomarańczy**  
Pobudza metabolizm lipidów w trakcie ćwiczeń. Wspomaga utrzymanie prawidłowej masy ciała.

**Ekstrakt z zielonej herbaty**  
Wspiera spalanie tłuszczu i wspomaga przemianę materii.

### NIE ZAWIERA

~~Substancji konserwujących~~

~~Sztucznych słodzików~~

~~Sztucznych barwników~~

~~Syntetycznych zagęstników~~