

# PRE-TRAINING STORM

**Train without limits!**

**Improved formula with cutting edge ingredients**

**With vasodilator and adaptogen ingredients**

**New Raspberry-Lemonade flavour**

**PRE-TRAINING STORM** is the new Victory Endurance pre-workout formula, perfectly designed to boost performance in both training and competition.

It combines the key ingredients of the current formula, such as isomaltulose and caffeine; with cutting edge ingredients, such as Amaranthus, a proven high nitrate source, and Ashwagandha, a traditional plant from India used to combat stress. This combination offers a complete pre-workout aimed to cover, more than ever, the specific energy needs of endurance athletes.



## How do the studied ingredients work?

- **Oxystorm®**: is a compound extracted from amaranthus plant, one of the greatest natural sources of nitrates. Nitrates have a vasodilating effect which supports muscle oxygenation during physical activity when you most need it.
- **KSM-66™** (Ashwagandha): a patented, clinically tested extract from a traditional Indian plant with high purity and great power. Studies have shown how KSM-66 improves resistance and maximum oxygen consumption.
- **Palatinose™** (Isomaltulose trademark): A type of carbohydrate with low glycemic index (GI) that provides a long-term supply of energy.
- **Caffeine**: Every serving provides 120 mg of caffeine. Caffeine is an ingredient that stimulates the Central Nervous System, improving concentration. It activates the metabolism of fats, which facilitate their use as energy, thus saving muscle glycogen and improving performance. Caffeine improves muscle contraction as well.
- **Beta Alanine**: Amino acid involved in the neutralization of lactic acid which helps delay muscle fatigue and, thus, boost physical performance.
- **Arginine, Ornithine and Citrulline**: these amino acids are nitric oxide (NO) precursors, a gas responsible for vasodilation which improves blood circulation in the muscles involved in training.
- **BCAAs and Glutamine**: If taken before training, these amino acids are able to enter the energy cycles helping the body to use them as energy and delaying the use of muscle glycogen and, thus, hold off fatigue.
- **Taurine**: An amino acid abundant in muscle mass which acts as an "imitator" of insulin. Taurine helps transport water and nutrients inside the cells. In addition it prolongs the effect of caffeine.
- **With electrolytes, vitamins and minerals**: These are essential in delaying dehydration and help improve performance.

	per Serving (15g)
Energy	217 kJ / 51 kcal
Fat	0 g
- of which sat. fatty Acids	0 g
Carbohydrates	6 g
- of which Sugars	3,2 g
Protein	6,6 g
Salt	0,2 g
Ascorbic Acid	20 mg (25%*)
Thiamin	0,28 mg (25%*)
Niacin	4 mg (25%*)
Vitamin B6	0,35 mg (25%*)
Vitamin B12	0,63 µg (25%*)
Chloride	194 mg (24%*)
Calcium	215 mg (27%*)
Phosphorus	92 mg (13%*)
L-Arginine Alpha-Ketoglutarate	1386 mg
L-Glutamine	1000 mg
BCAA's (L-Leucine, L-Isoleucine, L-Valine)	980 mg
Beta-Alanine	800 mg
L-Ornithine HCl	500 mg
Taurine	500 mg
L-Citrulline Malate	500 mg
Oxystorm®	500 mg
KSM-66*	200 mg
Caffeine	120 mg

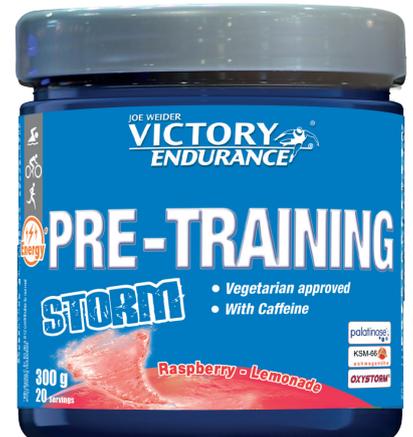
\*% NRV = Reference Intake of an average Adult.  
 Serving size: 15 g powder mixed with 250 ml water.

Enjoy your workout more than ever... With the support of Pre-Training Storm, your journey will be full of good sensations and great results!



# PRE-TRAINING STORM

**INGREDIENTS:** Maltodextrin, 13% L-Arginine Alpha-Ketoglutarate, Sucrose, 10% 1-Isomaltulose (Palatinose™), 6,6% BCAA's (L-Leucine, L-Isoleucine, L-Valine), 6,6% L-Glutamine, 5,3% Beta-Alanine, Anticaking Agents: Tricalcium Phosphate, Calcium Silicate; Acid: Citric Acid; 3,3% L-Ornithine Hydrochloride, 3,3% Taurine, 3,3% L-Citrulline Malate, 3,3% Inca Wheat Extract (Amaranthus Hypochondriacus - Oxystorm®), Flavouring (Contains soy), Sodium Chloride, 1,3% Ashwagandha Extract (Withania Somnifera - KSM-66®) (Contains Milk), Potassium Chloride, Sweeteners: Acesulfame K, Sucralose; 0,8% Natural Caffeine, Colour: Betanin; Ascorbic Acid (Vitamin C), Nicotinamide (Vitamin B3), Vitamin B12 (Cyanocobalamin), Pyridoxine Hydrochloride (Vitamin B6), Thiamin Hydrochloride (Vitamin B1). 1 Isomaltulose (Palatinose™) is a source of glucose and fructose.



**DIRECTION FOR USE:** Mix 15 g powder (1 measuring scoop) with 250 ml water. Take aprox. 30 minutes before physical activity.

**PRESENTATION:** 300g = 20 Servings

**FLAVOUR:** Raspberry-Lemonade.

ENERGY