

THE FIRST EVER KETOGENIC FORMULA*†

HELP YOUR BODY BURN FAT FOR FUEL, ALL WHILE GETTING UNSTOPPABLE ENERGY FOR KILLER WORKOUTS.†

MAY HELP TO:

- **IMPROVE STRENGTH & PERFORMANCE†**
- **UTILIZE FAT FOR FUEL†**
- **INCREASE ENERGY & ENDURANCE†**
- **PROMOTE SHARP MENTAL FOCUS & WEIGHT LOSS†**
- **IDEAL FOR LOW-CARB AND KETOGENIC DIETS, INTERMITTENT FASTING & FASTED CARDIO†**



“BEST PRE WORKOUT™ IS DESIGNED TO HELP YOUR BODY BURN FAT AS FUEL, WHILE SAVING LEAN MUSCLE MASS AND ENHANCING ATHLETIC PERFORMANCE.”

WHAT IS BEST PRE WORKOUT™?

When your body enters a metabolic state of ketosis, typically referred to as the “fat burning” state caused by a low-carb or caloric-deficit diet, it utilizes stored fat as a primary source of energy; for you, this means burning away fat as fuel. BPI Sports’ BEST PRE WORKOUT™ utilizes an exogenous blend of ketones that allows your body to enter the ketogenic state faster, while providing energy-boosting ingredients for heightened mental focus & energy, as well as increased strength and performance.†

WHY IS IT BETTER?

BPI Sports’ BEST PRE WORKOUT™ is the first ever pre-workout designed specifically for those following ketogenic or low-carb diets. It’s also designed to help those following intermittent fasting, and those endurance athletes looking to elevate performance. BEST PRE WORKOUT™ helps transition the body from using glucose for fuel to burning fat for fuel. It contains both medium chain triglycerides (MCTs) and beta-hydroxybutyrate (BHB) salts to help accelerate the process of burning fat for fuel and providing you with more energy.†

BEST PRE WORKOUT™ doesn’t just stop there. BPI Sports also added several key performance-boosting ingredients to help elevate your energy, focus, hydration and muscle strength. You can now get more out of your workouts on less fuel and still perform your best! If you’re following a ketogenic or low carb diet and you’re looking to kick the body into a fat burning machine, look no further than BEST PRE WORKOUT™.†

WHAT’S IN IT?

MCTS: Some studies have shown that medium- chain triglycerides (MCTs) found in oils such as coconut oil can help in the process of excess calorie burning, resulting in weight loss.†

BHB SALTS: BHB is crucial in helping you save your hard earned muscle mass and not burning it away as fuel during workouts. By helping to maintain your blood sugar levels with BHB, your body is less likely to turn to muscle and glucose for energy during workouts and will instead turn to using cellular energy and ketone bodies produced from fatty acids. This is extremely important for when you are dieting and in a caloric deficit.†

CAFFEINE ANHYDROUS: Caffeine Anhydrous is seen to be a purer form of caffeine and much more effective and potent. It provides you with a long-lasting, extreme energy boost paired with enhanced focus and alertness.†

CDP-CHOLINE: CDP-Choline has been shown in studies to help enhance mental focus, clarity and alertness. CDP-Choline will help you dial in with laser-like focus creating the ultimate mind-muscle connection.†

SOLANUM TUBEROSUM: Preliminary scientific data suggests Solanum tuberosum may support healthy glucose metabolism and protect against weight gain.†

SERVING SIZE: 1 Scoop (10.5 grams)
SERVINGS PER BOTTLE: 30

Supplement Facts		
Serving Size 1 Scoop (10.5 grams) Servings Per Container 30		
	Amount Per Serving	% Daily Value
Calories	40	
Calories from Fat	40	
Total Fat	4 g	6%†
Saturated Fat	4 g	20%†
BEST PRE WORKOUT KETOGENIC BLEND (Proprietary) 7 g		
CAPTEX® Medium chain triglycerides (MCTs)		**
BETA-HYDROXYBUTYRATE (BHB) (as salt form)		**
Calcium Beta-Hydroxybutyrate (as goBHB™)		**
Magnesium Beta-Hydroxybutyrate (as goBHB™)		**
Sodium Beta-Hydroxybutyrate (as goBHB™)		**
BEST PRE WORKOUT™ ENERGY BLEND (Proprietary) 450 mg		
Caffeine Anhydrous (250 mg), CDP-Choline (Cytidine 5'-diphosphate choline), Solanum tuberosum, Taraxacum officinale (root), Lycoris radiata extract (bulb).		**

† Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.
Other Ingredients: Nonfat dry milk, disodium phosphate, natural and artificial flavors, malic acid, citric acid, fiber blend (cellulose gum, xanthan gum, carrageenan gum), sucralose, acesulfame K, silicon dioxide, FD&C Yellow No. 5, and FD&C Blue No. 1.
Contains milk.