

*clean*

# PRE-WORKOUT

## POWDERS

### **Clean Pre-Workout Powders: Boost Your Energy Without the Junk**

Looking for a pre-workout that fuels your performance without compromising your health? Check out these top brands of pre-workout powders made with clean, high-quality ingredients.

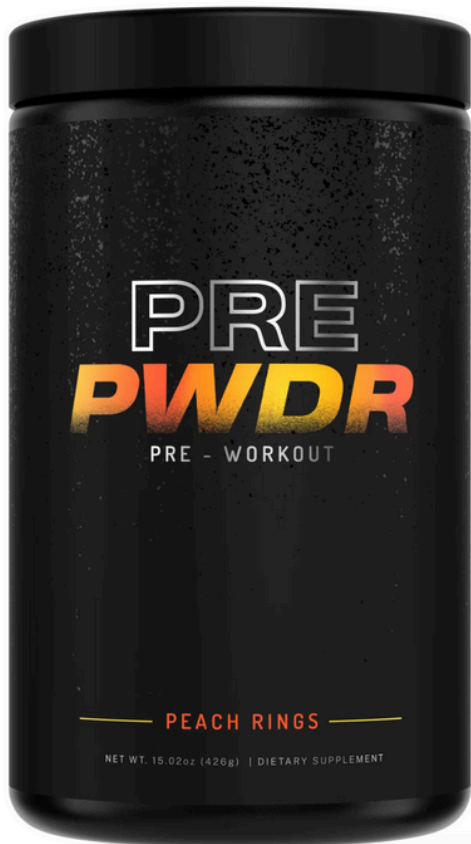
No artificial additives, no fillers—just pure energy and focus to power you through your toughest workouts. Whether you're aiming for better endurance, faster recovery, or enhanced performance, these clean formulas support your goals naturally.



Blender  
Bottle®

SPECIAL EDITION

# 1.) PWDERS



## SUPPLEMENT FACTS

Serving Size: 1 Scoop (14.2g)

Servings Per Container: 30

	Amount Per Serving	%DV
Calories	5	
Total Carbohydrate	1 g	< 1%*
L-Citrulline Malate 2:1	6,000 mg	**
Beta-Alanine	2,750 mg	**
Betaine Anhydrous	2,000 mg	**
L-Taurine	1,000 mg	**
Caffeine (from Coffee Bean)	200 mg	**
L-Theanine	200 mg	**
Alpha-Glycerolphosphorylcholine 50%	150 mg	**

\*Percent Daily Values are based on a 2,000 calorie diet.

\*\*Daily Value not established.

**Other Ingredients:** Natural Flavors, Citric Acid, Stevia Leaf Extract, Sodium Bicarbonate, Vegetable Juice (color), Monk Fruit Extract

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## 2.) PROMIX



### Supplement Facts

30 Servings Per Container

**Serving Size** 2 scoops (9.5g)

Amount per serving

**Calories** **0**

**% Daily Value\***

Vitamin C 100%

B12 (Methycobalamin) 250%

Beta-Alanine 3.2g •

L-Tyrosine 3g •

Taurine 1g •

Caffeine (coffee bean extract) 200mg •

\* Percent Daily Values are based on a 2,000 calorie diet.

• Daily Value not established.

**Other Ingredients:** Lemon juice, Lemon Oil, Raspberry Extractives, Citric Acid, Malic Acid Monk Fruit, Beets, Turmeric

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# 3.) JUST INGREDIENTS



## Supplement Facts

30 servings per container

**Serving Size**

**1 Scoop (18g)**

**Amount Per Serving**

**Calories**

**30**

	Amount Per Serving	%DV
<b>Total Fat</b>	0g	
Saturated Fat	0g	
<b>Total Carbohydrate</b>	7g	3%
Total Sugars	2g	†
Includes 0g of Added Sugar		
Citrulline Malate	5g	†
Beta Alanine	2.5g	†
BCAA	2g	†
L-leucine	1000 mg	
L-isoleucine	500 mg	
L-valine	500 mg	
Caffeine	150 mg	†
Taurine	100 mg	†
Ginseng	10 mg	†
Maca Root	10 mg	†

\*Percent Daily Value (%DV) based on a 2000 calorie diet.

† Daily value (DV) not established

Other Ingredients:

Organic Raspberry, Organic Peach, Lemon, Organic Stevia Leaf, Tapioca Starch, Organic Pineapple, Organic Beet Root, Organic Monk Fruit

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## 4.) NAKED



### Supplement Facts

Serving Size: 2 Scoops (16g)  
Servings Per Container: 30 (60 Scoops)

	Amount per serving	% Daily Value
Calories	45	
Total Carbohydrates	10 g	4%*
Total Sugars	9 g	**
Includes 9g Added Sugars		18%*
Vitamin C (as Ascorbic Acid)	333 mg	370%*
Niacin (as Nicotonic Acid)	40 mg	250%*
Vitamin B <sup>6</sup> (as Pyridoxine HCl)	1 mg	59%*
Folate (as Folic Acid)	333 mcg DFE	83%*
Vitamin B <sup>12</sup> (as Methylcobalamin)	47 mcg	1958%*
Calcium (as Calcium Carbonate)	30 mg	2%*
Carnosyn <sup>®</sup> Beta-Alanine	2 g	**
Creatine Monohydrate	1 g	**
Ajipure <sup>®</sup> L-Arginine	1 g	**
Caffeine (from 100% Organic Green Coffee Beans)	200 mg	**

\*Percent Daily Values are based on a 2,000 calorie diet.  
\*\*Daily Value not established.

**OTHER INGREDIENTS:** Cane Sugar, Natural Plant-Based Flavors, Citric Acid, Vegetable Juice (for Color)

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# 5.) GO MANTRA



<b>Supplement Facts</b>		
Serving Size: 1 Packet (3.9 g)		
	Amount Per Packet	% DV
Thiamin	0.6 mg	50%
Riboflavin	0.65 mg	50%
Niacin	8 mg	50%
Vitamin B <sub>6</sub>	0.85 mg	50%
Folate	200 mcg DFE (120 mcg folic acid)	50%
Vitamin B <sub>12</sub>	12 mcg	500%
Biotin	15 mcg	50%
Pantothenic acid	12.5 mg	250%
Calcium	120 mg	9%
Magnesium	10 mg	2%
Sodium	100 mg	4%
Potassium	200 mg	4%
<b>MANTRA™ Oceanic Electrolyte Blend:</b>	1,836 mg	†
Aquamin™ natural mineral source produced from calcareous marine algae ( <i>Lithothamnium</i> sp.), potassium phosphate, PureOcean® sea salt, Deep Ocean Minerals™ Magnesium standardized powder		
<b>MANTRA™ Energy Blend:</b>	197 mg	†
InnovaTea® Caffeine derived from fermented tea leaves (providing 100mg caffeine), Senactiv® <i>Panax notoginseng</i> root and <i>Rosa roxburghii</i> fruit, Oceanix™ Marine phytoplankton, D-calcium pantothenate, pyridoxine HCl, thiamin mononitrate, and cyanocobalamin		
†Daily Value (DV) not established.		
OTHER INGREDIENTS: CITRIC ACID, NATURAL FLAVORS, MALIC ACID, SILICA, BEET ROOT (FOR COLOR), ORGANIC REBAUDIOSIDE A (FROM STEVIA LEAF EXTRACT), AND ORGANIC MONK FRUIT EXTRACT.		

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