

WorkoutExtreme™

Purpose & Rationale

The purpose of this product is to deliver a combination of ingredients that demonstrate the ability to increase time to exhaustion or delay fatigue, especially in continuous intermittent intensity and endurance sports, while also delivering positive cognitive benefits, such as improving training desire, reaction time and focus. WorkoutExtreme can be used by anyone not bothered by stimulants, as a pre-workout or event energy enhancement supplement. Combining purified caffeine (anhydrous) with glucuronolactone and clinically favorable dose of taurine may enhance the well-known performance enhancing effects of caffeine alone. This product can be used in individually designed doses, which gives the user the potential to improve training sessions and competition outcomes when compared to no supplementation or commercially available “like-products” purporting similar outcomes.

Typical Use

- Adult exercisers/athletes not bothered by stimulants seeking to delay fatigue, and prolong and improve performance during exercise and events.
- Any adult not bothered by stimulants, as a pre-workout or event energy enhancement supplement or as a daily pick-me-up.
- For short to long event-duration/endurance activities (running, cycling, etc.):
 - Take 5 capsules 40-60 minutes before activity (totaling 350mg caffeine) unless caffeine sensitive, in which case start with 2 capsules and adjust as necessary, OR
 - Use 1.4 to 3 mg of caffeine per pound of body weight (not to exceed 600mg) and take 40-60 minutes before activity.
 - If competing, experiment to achieve proper dose and abstain from all caffeine, including WorkoutExtreme, approximately five days before competition (see Table 3).
- For intermittent athletes (e.g. football, baseball, soccer, hockey, rugby and swimming):
 - Take 5 capsules 40-60 minutes before activity (totaling 350mg caffeine) unless caffeine sensitive, in which case start with 2 capsules and adjust as necessary.
- If using regularly, it is recommended to cycle use three weeks on and at least one week off, or use only as needed before activities.

- Should not be mixed with other stimulants or taken within four hours of other products containing stimulants (especially caffeine), such as coffee and energy drinks.

Unique Features

- A rare combination of clinically effective doses of both caffeine anhydrous and taurine, which may significantly amplify caffeine’s well-known performance enhancement effects.
- Uses a rapid-release capsule delivery system to maximize the formula’s potential and provide a timely impact on training intensity.
- Ideal dosing instructions for any activity.
- Manufactured in a regularly inspected NSF certified facility, in compliance with Good Manufacturing Practices (GMPs).
- Third-party tested.

Contraindications

Contraindicated in pregnancy and lactation because of caffeine content at higher dosages²⁶⁰ and because studies are not performed using this population with other ingredients. Taurine and caffeine may interfere with some medications, such as lithium²⁶¹ and MAO inhibitors.²⁶² While caffeine consumption does not increase the risk of developing hypertension,²⁶³ caffeine is contraindicated for those with hypertension, anxiety and thyroid disease.²⁶⁴ Caffeine is also contraindicated in those with cardiac arrhythmias, other forms of heart disease and peptic ulcers.²⁶⁵ Caffeine should not be mixed with beta-agonists because theoretically, concomitant use of large amounts of caffeine might increase cardiac inotropic effects of beta-agonists.²⁶⁶ Do not mix with diuretic drugs. Theoretically, excessive amounts of caffeine in combination with diuretics may increase the risk of hypokalemia.²⁶⁷ Although evidence that caffeine ingestion causes cardiac arrhythmias is inconclusive, individuals should consult with their physician before using WorkoutExtreme.²⁶⁸

Supplement Facts		
Serving Size: 5 Capsules	Servings per Container: 30	
	Amount Per Serving	% DV
Taurine	3000 mg	*
Glucuronolactone	600 mg	*
Caffeine Anhydrous	350 mg	*
*% Daily Value not established.		

Table 3 – Endurance Competitor Training Supplement Training Program—Workout Days Only

Week	AminoBoostXXL	FirstString or WheySmooth (to control calories)	MuscleDefender	WorkoutExtreme
1+	<ul style="list-style-type: none"> • 1 scoop 10 minutes before workout • 1 scoop immediately after workout 	<ul style="list-style-type: none"> • 1.5 scoops 30-40 minutes before workout • 1.5 scoops 30-40 minutes after workout 		
6 weeks before competition	<ul style="list-style-type: none"> • 1 scoop 10 minutes before workout • 1 scoop immediately after workout 	<ul style="list-style-type: none"> • 1.5 scoops 30-40 minutes before workout • 1.5 scoops 30-40 minutes after workout 	<ul style="list-style-type: none"> • 1 scoop before workout • 1 scoop immediately after workout • May mix with AminoBoostXXL 	<ul style="list-style-type: none"> • 5 capsules 40-60 minutes before workout every other training day (total caffeine 350mg) • Start with 2 capsules if caffeine sensitive • Do not take other stimulants within 4 hours • Discontinue 5 days before competition • On competition day, take dosage as described above (5 capsules 40-60 minutes before activity)