

Energize

PRE-WORKOUT

When you want to give 100% to your workout, you need the sustaining power of Energize. Its key ingredients can help boost energy, sharpen your focus, and improve intense exercise performance. Whether you're training to lose weight and add strength, or just want to stay on top of your game, Energize can help give you the competitive edge you crave.*



Helps improve intense exercise performance*



Helps increase energy and endurance*



Helps sharpen focus and reaction time*



Key Ingredients

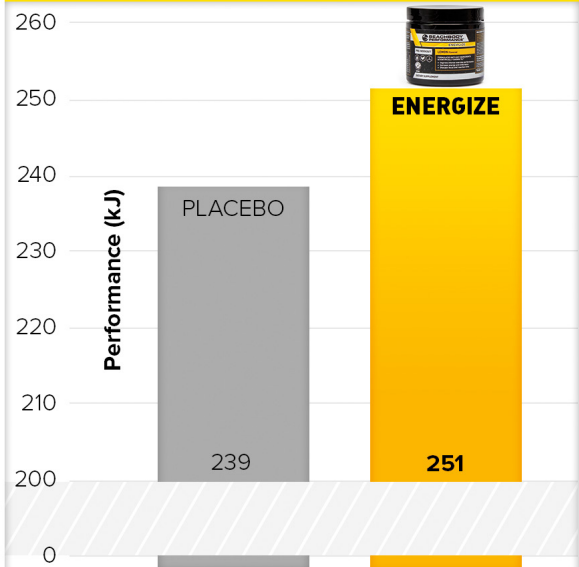
- **Beta-alanine** to help increase muscle power output and delay muscle fatigue*
- **Low-dose caffeine** from green tea and coffee bean extract to help sharpen focus and increase energy*
- **Quercetin**, a polyphenol with antioxidant-like properties extracted from plants, helps improve endurance and sustain exercise performance*

Available in tubs or stick packs.
Also available in Fruit Punch and Mixed Berry flavors.



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

BEACHBODY PERFORMANCE ENERGIZE CLINICAL STUDY



Drinking Energize before a 15-min. max effort cycling time trial increased performance by about 5%†

†Results of an acute clinical trial of 13 trained cyclists who performed 30 minutes of vigorous steady-state exercise at 80% V02 max (when perceived exertion was measured) before a 15-minute time trial performance test (when power output and total work done were measured). Participants consumed either 2 scoops of Energize or a calorie-matched placebo prior to the test.