

## SteelEdge: Full Spectrum Preworkout Formula

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- Exercise intensity, energy and endurance.
- Strength, lean body mass and protein synthesis.
- Focus, concentration and drive.
- Recovery, electrolyte balance and antioxidant levels.

With the right preworkout supplementation, you give yourself no better opportunity to gain both immediate benefits as well as long-term results from your training protocol. New scientific research supports and indicates that ingesting certain nutrients prior to exercise may be the most important factor affecting performance and results from your training protocol. While daily supplements and post-workout formulas certainly have their place and should not be overlooked, they have their limitations. Conversely, the right preworkout nutrients target and support the physiological responses occurring during exercise, providing benefits that other supplements do not. SteelEdge takes the guesswork out of your preworkout supplementation needs.

### Ingredient Highlights

### Intensity/Energy Blend

### Increase Training Intensity And Fight Fatigue

**Tyrosine:** Doses of the amino acid tyrosine that comply with the research were added to keep your muscles and brain supercharged with energy and to fight fatigue. Tyrosine is a precursor to a class of neurotransmitters called catecholamines, which include epinephrine (adrenaline) and norepinephrine (noradrenaline). Tyrosine has been shown in studies to reduce stress and fatigue during training. Tyrosine can also improve cognitive function, enhancing focus and concentration.

**Taurine:** Amino acid involved in cell volume regulation and maintenance of normal calcium levels. Studies have shown that taurine can stimulate brain function, improve perception of well-being and when combined with caffeine, increase endurance.

**Strength/Endurance Blend**  
More Strength, Better Workouts

**Branched-Chain Amino Acids (BCAAs):** Essential amino acids with an emphasis on leucine are an essential component to build muscle and improve recovery from exercise. Ingesting BCAAs preworkout is the perfect time to take advantage of the window of opportunity when your body can utilize nutrients at an increased rate.

**Trimethylglycine (TMG):** Contains a methyl component that synthesizes SAME. SAME, like tyrosine, is also used to make the catecholamines, epinephrine, norepinephrine and dopamine.

**Caffeine:** Caffeine stimulates your central nervous system (CNS) by triggering the release of epinephrine from the adrenal glands and by indirectly blocking a chemical in the body called adenosine. Adenosine has calming effects on the CNS, and by blocking it with caffeine and triggering the epinephrine release, we get a powerful "energizing" effect.

#### Focus/MentalEdge Blend

Optimize Focus, Concentration And Drive

#### Choline Bitartrate &

**L-Alpha-Glycerylphosphorylcholine (alpha-GPC):** Delivery forms of choline. By providing the choline component, it acts as a precursor to the formation of the all-important neurotransmitter, acetylcholine. Acetylcholine is the neurotransmitter that our nerves secrete to start the contraction process at the muscle. This vital and versatile neurotransmitter serves double duty, affecting muscular contraction and neurological processes, both of which are essential components of exercise performance.

**Acetyl-L-Carnitine:** This unique form of carnitine is able to cross the blood-brain barrier and act as an acetylcholine precursor by donating its acetyl group. Combine a deliverable form of choline from choline bitartrate/alpha-GPC with an acetyl donor from acetyl-L-carnitine, and you create the ultimate combination in precursors for acetylcholine synthesis.

#### Recovery/Electrolyte/Antioxidant Blend

## Train Harder, Recover Faster And Slash Damaging Free Radicals

**Green Tea Extract:** Green tea naturally contains a wide range of powerful antioxidants called catechins. Catechins have been shown to generate a wide array of antioxidant activity and are able to fight many different types of free radicals.

**Arginine:** Arginine reaps most of its benefits from its role in nitric oxide synthase and in helping the body retain more nitrogen, as nitrogen plays a vital role in muscle synthesis.

**Glutamine:** Comprises over 60 percent of the amino pool in skeletal muscle. Plays an important role in cellular hydration and protein synthesis.

AM has no financial relationship with Athletic Edge Nutrition.

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