

PhD Pre-WKT Burn Fruit Punch 200g



Dietary supplement

Rating: Not Rated Yet

Price

USD40.00

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Manufacturer [PhD](#)

Description

Description:

PhD Pre-Wkt BURN is a high energy pre-workout drink to be consumed before any serious fat burning exercise or high intensity training. Delivering fully dosed levels of all major ingredients, Pre-Wkt BURN most importantly delivers the correct amount of the research driven and hugely impactful TeaCrine® (1,3,7,9-Tetramethyluric acid). Along with the naturally sourced TeaCrine®, it also delivers a combined 6g dose of L-Glutamine/Branched Chain Amino acids, vital for the user who wishes to train upon waking on an empty stomach and needs to protect against muscle loss. Completing Pre-Wkt BURN is 225mg of caffeine per serving, L-Carnitine, L-Tyrosine and CLA. Pre-Wkt BURN is designed for men and women embarking on high intensity fat burning workouts such as H.I.I.T, intense weight training, metabolic circuit training and intense cardio

Use:

Pre Workouts are to be used only before exercise, it sounds crazy to tell you this, but they are purpose-driven sports nutrition that are designed for use before exercise. However, how you prepare them doesn't have to be so boring. You can make ice lollies by freezing a mixture overnight

(great in summer), you can add them to your favourite juice (just remember to count the calories and macros added by the fruit juice). [Click here to see some great alternatives:](#)

If you want to just add them to water and train hard (like we do), then add 1 scoop to 300ml of water, shake, drink and then go smash your PB's!

Reviews

There are yet no reviews for this product.