
Introducing
pre:revolution
Made in Norway

Welcome to the pre: revolution

The pre: range is a revolution in the supplement industry. A spray that rapidly absorbs sublingually, within moments you begin to feel its affect. Pre: has produced a unique range of sprays, all designed to have a very specific effect.

4hr ENERGY

IMPROVED O^2

PRODUSERT I NORGE

Featuring APT

They can be used alone or in a conjunction with each other depending on the desired result. The range can assist in: more energy and stamina, improved focus, relaxation, deeper sleep and a better sense of wellbeing. Pre:'s absorption in the bloodstream is rapid and its effects can last from 3-5 hours.

Welcome to the pre:revolution!





Pre:cursor - Supplement for wellness & vitality

Pre:cursor is a mineral supplement that works immediately. It contains a special blend of minerals that are crucial for your body. They are rapidly absorbed sublingually, and can therefore be used immediately. All the minerals are a part of essential functions of the body.

When you have a regular supply of these minerals throughout the day, it will have a positive effect such as: stable energy levels, better mood, improved sleep and more stamina. With pre:cursor you can feel a better sense of wellbeing throughout the entire day.

Stack suggestions – we suggest combining pre:cursor with all our products as the minerals in pre:cursor maintain and assist with the added ingredients in our other pre: range products. During training it is great to alternate pre:cursor and pre:determined or pre:combat if you're after a little more kick, or with pre:xplodePUMP if you're after more of a pump during the session. Also taking it with pre:cognitionIQ will give you the focus without the caffeine.

Onset of effect: *5 minutes*
Effect duration: *4-6 hours*
Flavours: *Spearmint*

Ingredients: Water, sweeteners (sucralose, stevia), Mineral/electrolyte blend (potassium chloride, zinc sulfate, manganese sulfate, copper sulfate, potassium iodide, chromuim chloride, sodium chloride, boric acid, sodium selenite, sodium silicate), flavouring (spearmint), citric acid, sodium benzoate.





Pre:determined - More energy & stamina

Pre:determined is designed to give you more energy, rapid and effectively. You are constantly using energy and it is very easy to "run empty" and feel tired. Pre:determined contains caffeine and energy boosting herbs: ginseng and yerba mate to assist with that extra "pick me up."

When you need more energy to get things done to bring you back up to "full speed" you need a quick solution! Pre:determined will give you what you need. While you're training, working, waking up, on shift work, out on the go or you have a long drive ahead. Pre:determined will assist you to perform at your optimum.

Stack suggestions – we suggest combining pre:determined with pre:cognitionIQ if you wanted more focus, or with pre:xplodePUMP if you need more pump. This will also keep you from taking too much caffeine. Combining pre:determined with pre:cognitionIQ during training works well as the sulbutiamine from pre:cognitionIQ compliments the caffeine from pre:determined.

Onset of effect: *5 minutes*
Effect duration: *3-5 hours*
Flavours: *Blueberry*

Ingredients: Water, sweetener (sucralose, stevia) Herb/stimulant blend coffee extract (coffea sp.), yerba mate (Ilex paraguariensis), Russian ginseng (Eleutherococcus senticosus), Mineral/ electrolyte blend (potassium chloride, zinc sulfate, manganese sulfate, copper sulfate, potassium iodide, chromuim chloride, sodium chloride, boric acid, sodium selenite, sodium silicate), flavouring (blueberry), citric acid, sodium benzoate.





Pre:xplodePUMP - Extreme vasodilation featuring VASO6™

Pre:xplodePUMP creates powerful pumps through its unique blend of proven vasodilators combined with the APT technology that superchargers the redblood cells. Featuring VASO6™ which increases nitric oxide production. More nitric oxide in the blood stream results in more oxygen to muscle for greater ATP production and power, as well as nutrient delivery. VASO6™ is an arginine equivalent that creates an effect on 300mg compared to 7g arginine.

L-Norvaline is a strong inhibitor of arginase activity. Inhibiting the arginase enzyme effectively increases the production of NO by as much as 60%.

L-Citrulline improves sports performance and cardiovascular health. Shown to reduce fatigue and improve endurance for both aerobic and anaerobic exercise. Along with Beta alanine which increases carnosine and carnosine, a powerful precursor in generating nitric oxide synthase. This is a group of enzymes necessary for making the powerful vasodilator nitric oxide.

Stack suggestions – we suggest combining pre:xplodePUMP with pre:combat3.0 for the ultimate and intense mind muscle connection workouts. If you're training at night combine it with pre:cognitionIQ so as to not get caffeine but still be focused. Or with pre:igniteBURN for intense fatburining. You may also follow it up with pre:dreamZMA to make sure you get optimal rest and recovery afterwards.

Onset of effect: *2 minutes*
Effect duration: *3-4 hours*
Flavours: *Sour cola popsicle*

Ingredients: Water, sweetener (sucralose, stevia) PUMP blend: VASO6, L-citrulline, beta alanine, L-norvaline, Mineral/ electrolyte blend: (potassium, zinc, manganese, iodide, copper, chromium, sodium chloride, boric acid, selenite, sodium silicate), flavouring (cola), citric acid, preservative, sodium benzoate.





Pre:combat3.0 - Extreme focus & energy

Pre:combat3.0 contains a unique blend of nootropics and stimulants. Sulbutiamine increases attention span and when combined with caffeine many report being able to train/work effortlessly for hours on end. Sulbutiamine boosts motivation and helps provide laser-like focus while staying in a very good mood.

Alpha GPC improves brain health and cognition. It can also raise dopamine levels, which benefits brain function significantly. Combined with mucuna pruriens is a nutural source of L-DOPA, which has a powerful effect on testosterone levels.

Halostachine creates a sharp increase in energy and motivation without anxiety common with many stimulants. It's effects are felt very soon after the dose and remain constant throughout the workout. Combined with caffeine which increases well-being, better mood, improved concentration, feeling of increased alertness and energy. To balance this, L-theanine is added to create a state of "wakeful relaxation," the state of mind you experience when meditating, being creative. Alpha-waves enhances relaxation, focus, and creativity.

Stack suggestions – we suggest combining pre:combat3.0 with pre:xplodePUMP for the ultimate and intense mind muscle connection workouts. With pre:igniteBURN for increased fat burning. If super focus is the goal, use with pre:cognitionIQ. You may also follow it up with pre:dreamZMA to make sure you get optimal rest and recovery afterwards.

Onset of effect: *3 minutes*
Effect duration: *4-6 hours*
Flavours: *Coffee*

Ingredients: Water, sweetener (sucralose, stevia) Stimulant blend: L-Alpha glycerylphosphorylcholine, L-theanine, Velvet bean (mucuna pruriens), coffee extract (coffea sp.) sulbutiamine, N-methylphenylethanolamine Mineral/electrolyte blend (potassium, zinc, manganese, iodide, copper, chromium, sodium chloride, boric acid, selenite, sodium silicate), flavouring (coffee, vanilla), citric acid, preservative, sodium benzoate.





Pre:igniteBURN - Metabolism booster & thermogenic

Pre:igniteBURN is a revolution in fat burners, containing 3 ingredients NOT common in most fat burners. This makes this product perfect to both take on its own or stack with other pre: products or fat burners.

Eria Jarensis is similar to the "infamous" 1,3, DMAA. This ingredient will give you intense energy and elevated mood that will see you not wanting to rest between sets.

The effects of GBB-EEC take about 30min to kick in with some. This ingredient is a very powerful L-carnitine precursor that will make you sweat. As the body starts to synthesis L-carnitine, energy levels increase and you core temp will elevate. This results in increased fat burning and some have claimed to experience fever like symptoms.

The last ingredient included is 6-Paradol. This is an extract derived from grains of paradise that has shown to aid in fat burning. Particularly aids in fat burning of visceral fat (abdominal fat). So with boosted L-carnitine and an ingredient that targets fat, these two will really boost the thermogenic process.

Stack recommendations - Take pre:igniteBURN with pre:combat for a focus and intense workout that will put you in the zone for extreme fat burning. Also stack pre:igniteBURN with pre:xplodePUMP for night time workouts that will give you massive pumps and fatburning long into the night.

Effect time: 5 min
Effect lasting time: 3-5 hours
Flavours: Wild orange

Ingredients: Water, sweetner (sucralose, stevia) Thermogenic blend: Eria Jarensis (N-Phenethyl Dimethylamine), GBB-EEC (Gamma-butyrobetaine Ethyl Ester Chloride), 6-Paradol (afromomum meleueta). Mineral/electrolyte blend (potassium, zinc, manganese, iodide, copper, chromium, sodium chloride, boric acid, selenite, sodium silicate), flavouring (orange), citric acid, preservative, sodium benzoate.





Pre:cognitionIQ - Focus & concentration

Pre:cognitionIQ is the ULTIMATE nootropic blend that will not only keep you focused and alert, it contains ingredients that may actually help maintain and devolope nerve growth factors in the brain.

Lionsmane mushroom helps stimulate nerve growth factor (NGF) production, helping your brain process and transmit information. Whether you need to study for an exam, write a paper, or focus better at work, the neurotrophic benefits of lion's mane mushroom may help. Along with Alpha GPC which can improve memory formation and enhance learning ability. The possible memory enhancement benefits from alpha GPC may actually restore memory.

Sulbutiamine has been shown to have a positive effect on brain activity and function, improving the cognitive thought process, judgment and decision making.

Macuna prureins is also helpful in reducing the signs of aging, as it acts as a neuroprotector of the brain cells and other bodily processes. It contains L-Dopa, which can serve as a natural alternative treatment for Parkinson's disease. Along with Nopept that improves the sensory affect of: Sight, Sounds and Touch.

Stack suggestions – we suggest combining pre:cognitionIQ with pre:xplodePUMP for the ultimate and intense mind muscle connection workouts. If you need super focus combine with pre:combat. You may also follow it up with pre:dreamZMA to make sure you get optimal rest and recovery afterwards.

Onset of effect: *5 minutes*
Effect duration: *4-6 hours*
Flavours: *Burnt caramel*

Ingredients: Water, sweetner (sucralose, stevia) Nootropic blend - Lionsmane (Hericium erinaceus), L-Alpha glycerylphosphorylcholine, L-theanine, mucuna pruriens, sulbutiamine, Noopept (N-Phenylacetyl-l-prolylglycine ethyl ester) Mineral/electrolyte blend - (potassium, zinc, manganese, iodide, copper, chromium, sodium chloride, boric acid, selenite, sodium silicate), flavouring (chocolate, vanilla), citric acid, preservative, sodium benzoate.





Pre:dreamZMA - Sleep & Recovery

Pre:dreamZMA combines the proven effectiveness of minerals, vitamins, herbs and amino acids. Mucuna pruriens is a nutural source of L-DOPA, which has a powerful effect on testosterone levels. The dopaminergic inhibition of prolactin, prevents a decrease in the levels of luteinizing hormone and testosterone. It also has a profound effect on growth hormone production.

Moringa extract is especially good for trouble sleeping, due to its unique combination of nutrients. Containing tryptophan and with the help of iron, riboflavin and vitamin B6 (all found naturally in Moringa), can be converted serotonin and melatonin, which produce healthy sleep and a stable mood. Serotonin, or 5-hydroxytryptamine, can treat depression, anxiety and insomnia.

GABA is a naturally occurring amino acid that works as a neurotransmitter in your brain. It can can help with feelings of anxiety, stress, and fear. Magnesium also stimulates GABA and melatonin release, helping you fall asleep faster, reach deeper phases of sleep, and wake up less at night. It also prevents muscle cramps while you sleep.

Stack suggestions – we suggest combining pre:dreamZMA with pre:determined to give you a nice energy hit to wake you up after a restfull nights sleep. Or pre:cognitionIQ to give you some clear thinking focus first thing in the morning.

Onset of effect: *5-10 minutes*
Effect duration: *7 hours*
Flavours: *Vanilla caramel*

Ingredients: Water, sweetener (sucralose, stevia) Amino/Herb blend: GABA, L theanine, mucuna pruriens extract, moringa extract, ZMA blend: magnesium chloride, zinc, B6, Mineral/ electrolyte blend: (potassium, manganese, iodide, copper, chromium, sodium chloride, boric acid, selenite, sodium silicate), flavouring (vanilla extract), citric acid, preservative, sodium benzoate.



Why does the pre: range work so good?

The unique pre: formula with its ADVANCED PRE:ACTIVATED TECHNOLOGY (APT) charges the minerals and electrolytes. This treatment results in a hydrating effect on a cellular level where hydration is MOST important. All within a few moments! The unique pre: blend is concentrated in pre:cursor, and plays a critical role in all of our other products combined with additional ingredients depending on the desired result.

As soon as you spray, your body starts to absorb the charged minerals and begins working with your red blood cells. This in turn has a positive effect on circulation, hydration, oxygen delivery, vitality and wellbeing.





Specially selected minerals

Pre: range combines the power of minerals and electrolytes along with specially chosen herbs and stimulants. This combination works not only on the blood, but assists in the uptake of the added stimulants and herbs. The result is the pre: range being one of, if not the fastest working range of products on the market!

Potassium
Potassium is a mineral that is essential for a healthy PH balance in the body. Nerves, muscles, heart and kidneys are dependent on potassium for normal function, maintenance and regular hydration in the body.

It is also an important factor in the number of enzymes, important for protein synthesis and carbohydrate metabolism. Potassium is also beneficial to blood pressure as it contributes to increased excretion of sodium from the kidneys.

Zinc
Zinc is a vital mineral for many of the bodies processes like wound healing, night vision, taste, appetite, crucial in regulation of translation of the genetic code, important for protein, carbohydrate and fat metabolism.

Zinc Protects cells from free radicals, necessary for the removal of CO2 from the cells to the lungs. It also helps maintain a healthy immune system!

Specially selected minerals

Manganese
Manganese is a trace mineral that is important for certain enzymes. Manganese is also required for the uptake of iron. Manganese is important for bones and joints, the retina of the eye, teeth, hormones, reproduction, breast function, the nervous system and the brain.

Along with chromium, manganese helps regulate the pancreas. It is included in the formation of proteins, mucus and cholesterol. Manganese is also vital in cell function processes, including in the mitochondria.

Sodium
Sodium is very important for the body's electrolyte balance and the osmotic pressure that affects the blood cells and kidneys. Sodium is also important for the production of hydrochloric acid in the stomach and other gland functions, as well as the secretion of saliva, pancreas and bile. 10% of the body's sodium is contained in the cells and is part of the function of nerve and muscle cells.

Along with potassium, sodium is essential for; body fluid balance, blood pressure, cardiac function, muscle contraction, nerve pathway impulse management, adrenal function, stomach acid production and acid-base balance.

Copper
Copper is important for the formation of hemoglobin that carries oxygen into the blood. Copper is used in the cells' energy turnover, iron absorption, connective tissue formation, free radical defenses, bone mineralization, skin pigmentation, body temperature regulation, and cholesterol and glucose metabolism.

Iodine
Iodine is a mineral that is necessary for regular function of the thyroid gland. The thyroid gland regulates the metabolism of the body. Thyroid hormones are essential for normal development in the fetus, especially the neurological development. Iodine is included in two metabolic hormones, Thyroxine (T4) and Triiodothyronine (T3). It also promotes the absorption of selenium and iron.

Chromium Chlorid
Chromium is a part of the glucose tolerance factor (GTF) that contributes to the binding of insulin to the cell membrane. This makes it easier for insulin to get the blood sugar into the cells, resulting in better insulin efficiency.

Chromium enhances the insulin effect. Chromium also contributes to the metabolism of fats and proteins through its effect on insulin.

Boric Acid
Boric acid is a mild disinfectant and a mild acid that can inhibit the growth of microorganisms on the body. Boron is believed necessary for the cells that form the bone tissue.

Sodium Selenite
Sodium selenite is important for the formation of selenium. Selenium is found in all the cells of the body and is part of proteins in the same way as sulfur. Selenium and sulfur are important for the muscular function, blood circulation and sperm (semen cells).

Selenium is a powerful antioxidant that is part of glutathione oxidase, which is a vital part of the body's defense against free radicals. Selenium is important for the immune system and a normal cell function. Selenium also plays a role in activating thyroid hormone.

Magnesium
Research studies have shown that magnesium supplementation can help lower high blood pressure, lower the risk of developing diabetes, decrease the symptoms of PMS, reduce migraine symptoms, and help depression and anxiety. Magnesium has also been shown to help muscle cramps, as well as constipation, kidney stones, osteoporosis, insomnia, fibromyalgia and asthma.

Magnesium is needed for calcium to be used by bone. It is needed to help keep muscles relaxed, including those of the heart and blood vessels. It is needed in the function of vital co-factors and enzymes.

Specially selected herbs, aminos, nootropics, CBD & stimulants

The pre: range combines the power of minerals and electrolytes with carefully selected herbs, aminos, nootropics and stimulants. This combination increases the rate of absorption of the added stimulants and herbs. This is also beneficial for the nootropics that cross the blood brain barrier that work synergistically with the crystaloid minerals. Resuling in the fastest working products on the market!

Alpha GPC
Alpha GPC brings with it a number of possible benefits, one of the most important being the possibility of improving brain health and cognition. It may be possible for Alpha GPC to improve memory formation and enhance learning ability. The possible memory enhancement benefits from alpha GPC may actually restore memory, but only in certain situations. Alpha GPC can also raise dopamine levels, which benefits brain function significantly.

Alpha-GPC has the added benefit that it is able to cross the blood-brain barrier and directly increase circulating ACh levels within the central nervous system.

It also has shown to have a significant impact on HGH levels. A randomized, placebo controlled, crossover design study gave men with at least 2 years of resistance training experience 600 mg of Alpha-GPC, or a placebo, 90 minutes before completing some resistance based exercises and then having hormone levels measured post exercise. Growth Hormone (GH) peaked at 44 times the pre-exercise level, compared to the 2.6 times increase in the placebo group, it's safe to say Alpha-GPC had a significant effect on post exercise GH levels.

Ashwagandha
Ashwagandha is also used as an "adaptogen" to help the body cope with daily stress, and as a general tonic.

Ashwagandha is used for arthritis, anxiety, bipolar disorder, attention deficit hyperactivity disorder (ADHD), balance, obsessive-compulsive disorder (OCD), trouble sleeping (insomnia), tumors, tuberculosis, asthma, a skin condition marked by white patchiness (leukoderma), bronchitis, backache, fibromyalgia, menstrual problems, hiccups, Parkinson's disease, under-active thyroid (hypothyroidism), and chronic liver disease. It is also used to reduce side effects of medications used to treat cancer and schizophrenia.

Ashwagandha has also been used to reduce levels of fat and sugar in the blood.

Beta Alanine
Many users experience intense vasodilation/ pumps from the very first dose of beta-alanine. This experience occurs because beta-alanine increases carnosine and carnosine is a powerful precursor in generating nitric oxide synthase (a group of enzymes necessary for making the powerful vasodilator nitric oxide).

Caffeine
Caffeine is stimulant which can lead to; increased well-being, better mood, improved concentration, feeling of increased alertness and energy, as well as possible improvement of certain cognitive functions.

Other theories indicate that caffeine may have a direct effect of adding energy to your muscles. It also believed that caffeine increases fat burning.

CBD
Scientific research now shows the many health benefits of CBD Cannabidiol. Cannabidiol is a component of marijuana but it does not produce the psychoactive effects that have made marijuana attractive for recreational use.

CBD benefits are real because CBD does produce strong medicinal and therapeutic effects for even the most common conditions.

Conditions that CBD has been shown to assist are:
- Antibiotic-resistant infections
- Immuno-suppressive
- Rheumatoid arthritis
- Psoriasis
- PTSD
- Anxiety attacks
- Vascular and muscle relaxing
- Diabetes
- Alcoholism
- Spasm
- MS (Multiple Sclerosis)
- Epilepsy
- Chronic pain
- Schizophrenia & Psychosis
- Depression
- Migraines

Specially selected herbs, aminos, nootropics, CBD & stimulants

Citrulline malate
Citrulline is a by-product of the body's conversion of the amino acid arginine into nitric oxide (NO). Excess citrulline, a number of studies have shown, increases the amount of arginine in the blood, leading to increased NO production. More NO, you may have heard, means increased blood flow to muscles during exercise, which allows them to last longer under duress—and produce bigger muscle pumps to weightlifters.

Eria Jarensis
N-Phenethyl Dimethylamine(Eria Jarensis Extract) was claimed to be a assay extracted from a plant called Eria Jarensis.It is a new PEA-Like molecule that has very nice euphoric effect. However the effect are quite mild which is not as strong as DMAA.N-Phenethyl Dimethylamine(Eria Jarensis Extract) has similar effects and functions as a neuromodulator in the central nervous system. Although naturally-occurring, it's frequently supplemented for its therapeutic mood-boosting benefits, so it acturally boosts our dopamine levels which may make our brain feel better.

However, N-Phenethyl Dimethylamine(Eria Jarensis Extract) is PEA-like but not a PEA, compare to their melecule structure and their effects, N-Phenethyl Dimethylamine(Eria Jarensis Extract) is a non-toxic compound that won't get metabolized as quickly as PEA, but similar to PEA: the effects of it is not last long.so N-Phenethyl Dimethylamine will not cause all sorts of hellish problems with

GABA
Gamma aminobutyric acid (GABA) is a naturally occurring amino acid that works as a neurotransmitter in your brain. When GABA attaches to a protein in your brain known as a GABA receptor, it produces a calming effect. This can help with feelings of anxiety, stress, and fear. It may also help to prevent seizure.

GABA is used for relieving anxiety, improving mood, reducing symptoms of premenstrual syndrome (PMS), and treating attention deficit-hyperactivity disorder (ADHD). It is also used for promoting lean muscle growth, burning fat, stabilizing blood pressure, and relieving pain.

GBB-EEC
Gamma-butyrobetaine is the precursor to L-carnitine production in the body, which means it increases your production of carnitine inside your body. It has been suggested that you take GBB instead of Carnitine. Taking 100mg of GBB is equal to taking about 3,000 mg of carnitine.

Plus, by supplementing with GBB, studies show it can increase carnitine concentrations in the body by up to 300 percent.

As with citrulline and arginine AKG's synergy, GBB more positively impacts the body than carnitine alone.

Halostachine
Halostachine or N-methylphenylethanolamine is an alkaloid and has a very similar structure to Ephedrine. It is also a metabolite of phenylethylamine (PEA) a compound found in cocoa beans known for its "feel-good effects".

Halostachine acts as a beta-adrenergic receptor agonist similar to that of Ephedrine and DMAA but with a tone down in potency and is thought to be a much safer compound in comparison to the now illegal DMAA.

Halostachine users may find a sharp increase in energy and motivation while not having to endure any jitters and anxiety common with many stimulants. Halostachine undergoes rapid metabolism so the effects are felt very soon after the dose and remain constant throughout the workout.

As a B2 Agonist, Halostachine may aid in blood flow to the muscles under stressed conditions as well as increase oxygen availability. This better equips the muscles to perform in situations where you are trying to close out those last few reps.

Lion's Mane
Lion's mane mushroom is one of nature's most powerful brain foods because it helps stimulate nerve growth factor (NGF) production (1). NGF is a neuropeptide that helps maintain neurons, which are the cells responsible for helping your brain process and transmit information. So, whether you need to study for an exam, write a paper, or focus better at work, the neurotrophic benefits of lion's mane mushroom may help.

It also provides a steady energy boost without the jitters of other stimulants. So it can give an energy boost without suffering the caffeine crash later.

Lion's mane has also been shown to reduce lactic

Specially selected herbs, aminos, nootropics, CBD & stimulants

acid in the blood, which may cause fatigue after intense physical activity. It also promotes increased tissue glycogen content which promotes energy production.

L-Norvaline
L-Norvaline is an analog of the amino acid L-valine. Research shows that L-norvaline is a strong inhibitor of arginase activity because of its structural similarity to ornithine, which causes a feedback regulation on the activity of arginase. When you inhibit arginase, NO is produced continuously at a higher rate in the presence of NOS and adequate L-arginine. L-arginine is the limiting factor for NO production from NOS, so inhibiting the arginase enzyme effectively increases the production of NO by as much as 60%.

L-Theanine
L-theanine is an amino acid that is found in tea leaves. L-theanine promotes relaxation and facilitates sleep by contributing to a number of changes in the brain.

It boosts levels of GABA and other calming brain chemicals. L-theanine elevates levels of GABA, as well as serotonin and dopamine. These chemicals are known as neurotransmitters, and they work in the brain to regulate emotions, mood, concentration, alertness, and sleep, as well as appetite, energy, and other cognitive skills. Increasing levels of these calming brain chemicals promotes relaxation and can help with sleep.

Lowers levels of "excitatory" brain chemicals. At the same time it is increasing chemicals that promote feelings of calm, L-theanine also reduces levels of chemicals in the brain that are linked to stress and anxiety. This may also be a way that L-theanine can protect brain cells against stress and age-related damage.

Enhances alpha brain waves. Alpha brain waves are associated with a state of "wakeful relaxation." That's the state of mind you experience when meditating, being creative, or letting your mind wander in daydreaming. Alpha waves are also present during REM sleep. L-theanine appears to trigger the release of alpha-waves, which enhances relaxation, focus, and creativity.

One of the appealing aspects of L-theanine is that it works to relax without sedating. That can make L-theanine a good choice for people who are looking to enhance their "wakeful relaxation," without worrying about becoming sleepy and fatigued during the day.

Maral Root
Maral root (Rhaponticum carthamoides) is a herbal remedy long used in alternative and folk medicine. Available as a dietary supplement, it is classified as an adaptogen (a non-scientific term used to describe herbs that reduce your resistance to stress). Maral root is widely cultivated in Eastern Europe and Russia and is named after the maral deer that feed on it.

Among some of the conditions maral root is believed to treat are: Colds and flu, depression, diabetes, erectile dysfunction, fatigue, metabolic syndrome and cancer.

Often used to enhance athletic performance and build muscle mass, maral root is believed to treat a variety of health conditions. The root contains compounds thought to influence health, including antioxidants and plant-based steroids known as ecdysteroids

Moring extract
Moringa acts as a great natural sleeping aid because it contains the unique natural compound known as Pterygospermin , which can be found in the leaves. Pterygospermin sets several of the body's key conditions for a fitful night's rest. It lowers our blood sugar levels, soothes our digestive system, and has a depressive effect on our central nervous system, acting as a muscle relaxant.

When our muscles relax, it not only dissipates our tension, but also results in less constriction of our blood vessels. This results in lower blood pressure, which also helps to make sleep that much more restful. Moringa also helps you stay asleep for much longer. In one scientific study, it was shown that subject who consumed moringa could stay asleep for up to twice as long as subjects that did not consume any moringa.

Moringa's ability to relax muscles can come in handy not just for people looking for a good night's sleep, but for those who are suffering from muscle pains and spasms as well. This can be especially beneficial for athletes, people recovering from injuries, and those who suffer from certain muscular conditions.

Specially selected herbs, aminos, nootropics, CBD & stimulants

Mucuna Pruriens
The potential beneficial effects of Mucuna Pruriens include an increase in the human growth hormone level and that of other anabolic hormones, an increase in the testosterone level, improvement in sexual drive, and promotion of positive feelings.

This supplement is also helpful in reducing the signs of aging, as it acts as a neuroprotector of the brain cells and other bodily processes.
Moreover, since it contains L-Dopa naturally, it can serve as a natural alternative treatment for Parkinson's disease.

Noopept
N-Phenylacetyl-l-prolylglycine ethyl ester is promoted as a nootropic. Noopept has been shown to have significant impact on emotional balance, improved anxiety. With reduction in irritability, increased mood, more energy, less apathy, reduced sleep disturbances, less daytime drowsiness, and headache, some of it within the first week.

It also can improve memory and cognition and sensory affect.
Sight — Reds are redder, blues are more blues.
Sound — Conversations with friends are more engaging, nature sounds are more pronounced, music and bass are more enjoyable.
Touch — Increased awareness of hot/cold, sensations are heightened while touching animals or loved ones.

Paradol 6
Also known as Grains of Paradise(Afromomum melegueta). Its from the ginger family and contains quite a few active compounds for increasing energy expenditure. Research shows that 6-paradol works via 2 mechanisms to help burn fat: 1) increases the activity of brown adipose tissue(BAT) and 2) significantly increases calorie burning. BAT contains a protein called UCP-1 which regulates burning calories as heat in order to maintain body warmth.

Research also shows that taking 40mg of Grains of Paradise lead to a 400% increase in calories burning vs the placebo in just 30 min. It was also noted that users experienced an average of 6% increase in metabolic rate. It also has been shown to reduce abdominal and visceral fat.

6-paradol is it's not a stimulant, so you don't get the jitters or increased heart rate. It also was shown to increase test levels in rats via increased cholesterol production.

Russian ginseng
Russian ginseng contributes to an increase in physical and mental energy. Russian ginseng performance-enhancing ability can increase the absorption of oxygen in the blood, remove lactic acid and strengthen stamina.

Russian ginseng has a positive effect on the body and helps with stress, impotence, lethargy, increases the amount and activity of T lymphocytes, stimulates the function of adrenal glands, lowers cholesterol, lowers blood glucose, increases blood pressure, inhibits the aging process, protects against colds and flu, reduces fatigue and strengthens the immune system in the body.
It can be used by athletes who want better results, and those who want more energy and stamina through physical and mental exertions.

Sulbutiamine
Sulbutiamine is a derivative of thiamine. It was developed in the 70's in Japan. It has been shown through studies that it has a positive effect on brain activity and function, improves the cognitive thought process, improves judgment and decision making. The drug crosses the "blood brain" barrier and acts directly on the brain. When combined with the pre: the mineral blend it has a very potent effect on the body that works for several hours.

VASO6
VASO6™ increases nitric oxide production. More nitric oxide in the blood stream results in endothelial-dependent relaxation (EDR). This is valuable for delivering more oxygen to muscle for greater ATP production and power, as well as nutrient delivery.

Yerba mate
Yerba mate is national drink in Argentina, Uruguay, Paraguay and Brazil. Traditionally drunk like tea, it contains 15 amino acids, 24 vitamins and minerals, antioxidants, especially polyphenols. Yerba mate also contains caffeine. Yerba mate works fast and increases mental clarity, provides sustainable energy with caffeine because it contains xanthine alkaloids.

Compared to "green tea", recent studies show that "yerba mate" has 52 more active compounds. Yerba mate boasts 196 active compounds with a high content of polyphenol and antioxidants. A really super herb!

Testing methods & scientific validation

The pre: range has a very potent and rapid effect on the body. This is evident through the use of live blood analysis, Max Pulse machine testing and performance testing using VO2max and lactate testing.

Max Pulse Testing
The Max Pulse measuring device is a simple, user-friendly, non-invasive, and painless screening device which can be used with any Windows based PC. The device provides noninvasive measurement of pulse waveform and heart rate by photoelectric plethysmography (PTG), Accelerated Plethysmography (APG), and other technologies to measure the following:

Heart Rate Variability (HRV) – Determines one's overall health status and autonomic nerve system. "A recent meta-analysis of published data demonstrated that reduced cardiovascular autonomic function, as measured by heart rate variability (HRV), was strongly (i.e., relative risk is doubled) associated with increased risk of silent myocardial ischemia (lack of oxygen to the heart w/o symptoms) and mortality (DEATH)."

Differential Pulse Wave Index (DPI) - Overall cardiovascular health.

Eccentric Constriction (EC) – Constriction power of vessels from the left ventricle.

Arterial Elasticity (AE) – Analyzes blood circulation and elasticity and resistance of the arteries.

Remaining Blood Volume (RBV) – Remaining blood in the vessels after systolic contraction of the heart.

Stress Score – Overall stress health compared to resistance levels.

Stress Levels – Mental stress, physical stress, and resistance to stress.

The test analyzes:

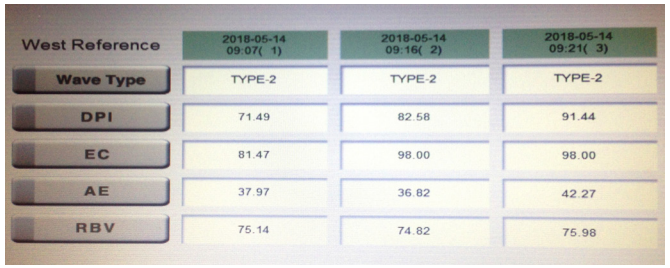
- Overall elasticity of large, small and peripheral arteries (arterial stiffness)
- The functional age of blood vessels
- Hydration levels
- Pulse rate
- Left ventricular ejection

DPI - Differential Pulse Wave Index:
Represents the overall health of the cardiovascular system. DPI is the main indicator that represents aging vascular health.

EC - Eccentric Constriction:
Represents the contraction power of vessels from the left ventricle.

AE - Arterial Elasticity:
Analyzes the blood circulation, vascular elasticity and resistance of the vessels. It detects early cardiovascular disease like atherosclerosis and peripheral circulation dysfunction.

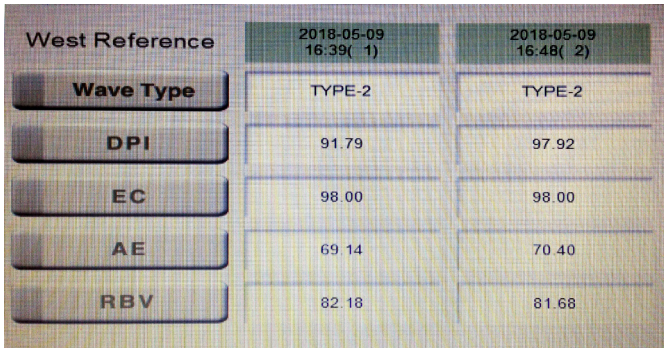
RBV - Remaining Blood Volume:
The remaining blood volume in the vessels after systolic contraction on the heart. If the blood vessels are healthy, there is little remaining blood volume. If the vascular state improves, the remaining blood volume will decrease, but will show an increase on the point scale. Please note this inverse relationship.



West Reference	2018-05-14 09:07(1)	2018-05-14 09:16(2)	2018-05-14 09:21(3)
Wave Type	TYPE-2	TYPE-2	TYPE-2
DPI	71.49	82.58	91.44
EC	81.47	98.00	98.00
AE	37.97	36.82	42.27
RBV	75.14	74.82	75.98

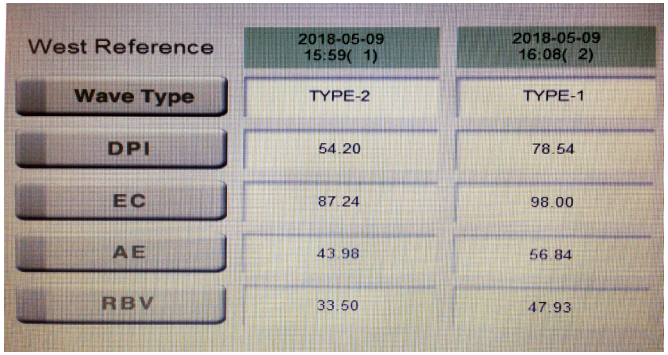
Results after 9 minutes & 14 minutes





West Reference	2018-05-09 16:39(1)	2018-05-09 16:48(2)
Wave Type	TYPE-2	TYPE-2
DPI	91.79	97.92
EC	98.00	98.00
AE	69.14	70.40
RBV	82.18	81.68

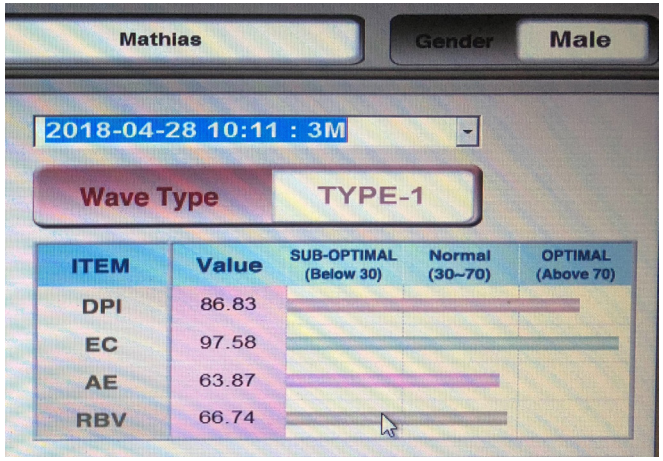
Results after 9 minutes

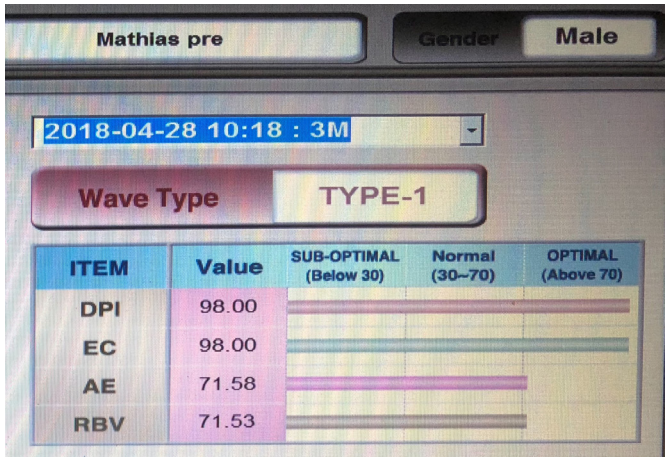


West Reference	2018-05-09 15:59(1)	2018-05-09 16:08(2)
Wave Type	TYPE-2	TYPE-1
DPI	54.20	78.54
EC	87.24	98.00
AE	43.98	56.84
RBV	33.50	47.93

Results after 9 minutes

Testing methods & scientific validation

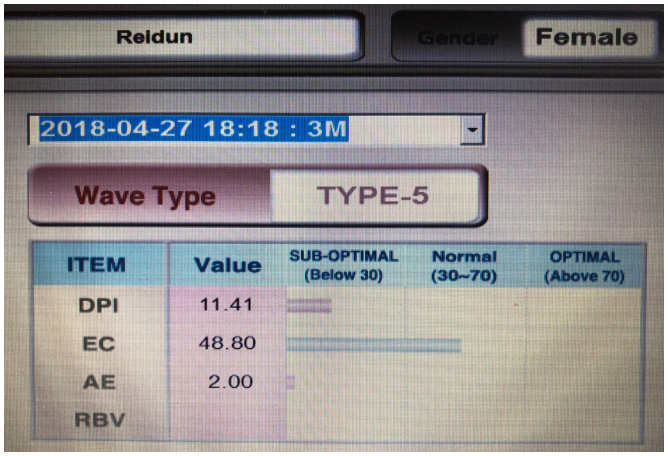


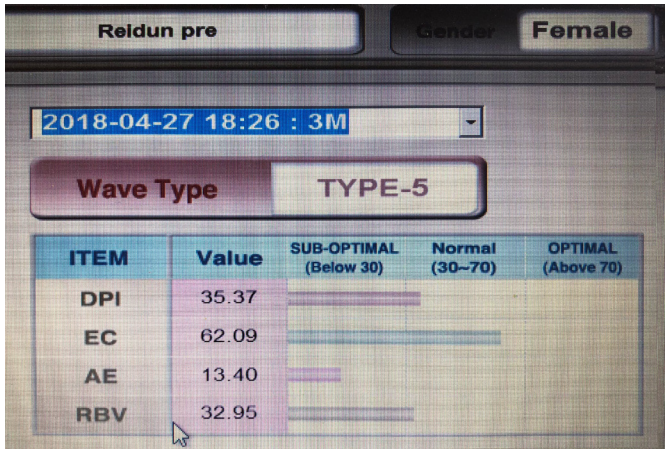


Results after 7 minutes

Mathias after 7 minutes

	Before	After	% Imp
Circulation:	80.83	98.00 (Max)	21%
Left ventrical contraction:	97.58	98.00 (Max)	0.43%
Arterial Elasticity:	63.87	71.50	12%
Remaining blood in heart (high means less blood in heart):	66.74	71.53	7%





Results after 8 minutes

Reidun after 8 minutes

	Before	After	% Imp
Circulation:	11.41	35.37	210%
Left ventrical contraction:	48.80	62.09	27%
Arterial Elasticity:	2	13.40	570%
Remaining blood in heart (high means less blood in heart):	0	32.95	Not Calculable

Testing methods & scientific validation

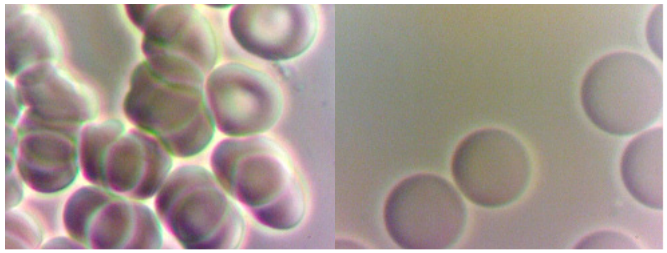


Live blood analysis
Live Blood Analysis, also known as live cell microscopy, is a practice where a small drop of your blood is examined under a high-powered microscope that is connected to a screen. Examining the blood on a screen enables a look at red and white blood cells, plasma, and other details to determine the health of your blood and your body overall.

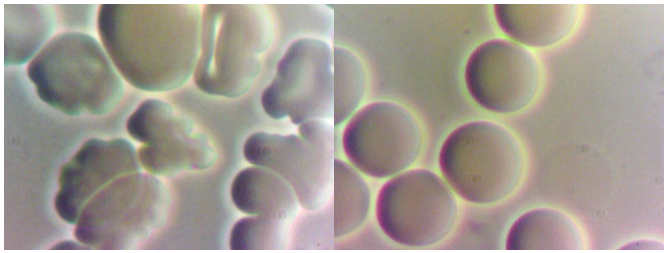
An experienced and well-trained practitioner can use Live Blood Analysis to observe the shape and movement of your red blood cells, revealing key nutrition markers such as your levels of iron, protein, vitamins, folic and fatty acids. Your body's digestive health may also be reflected in your blood analysis, as well as the function of your organs and immune system.

What a Live Blood Analysis can detect

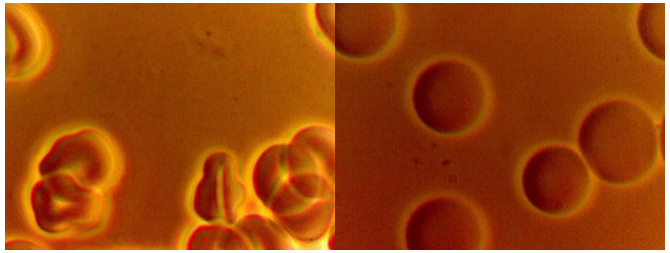
- Dehydration (low energy, poor concentration)
- Acidity and dysregulation (which can lead to poor health)
- Lack of enzyme factor (not digesting leading to excess weight, allergies, poor nutrition)
- Poor fat intake or digestion
- Poor red blood cell formation (lack of oxygen & energy)
- Liver stress or congestion
- Bowel toxicity
- Thyroid imbalance (the thyroid regulates metabolism)
- Hormonal Imbalance (mood swings, headaches, PMS)
- Heavy metals, chemical load
- Plaque, platelet aggregation (poor blood flow)
- Bacterial infection (rashes, lack of energy)
- Fermentation (from too many carbohydrates or sugars)
- Poor motility of white blood cells (Important for immune system)
- Basophils (a sign of allergic response)



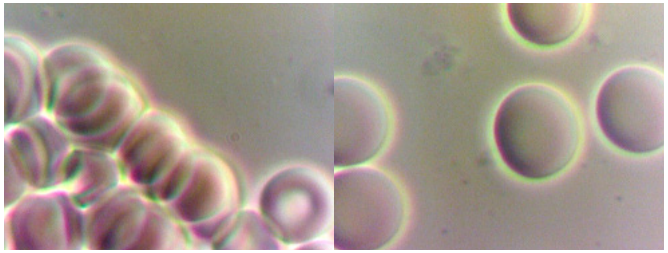
The picture to the left is typical diabetic profile, poor metabolism, fermentation of sugar due to poor blood state and lack of insulin production. After Pre: the change is dramatic, Pre: has been reported to lower and stabilize blood sugar levels. Studies on this subject need to be considered.



Picture to the left shows a client that consumes large amount of diet soda. Artificial sweeteners causes havoc on the blood. Pre: is able to assist the blood to restore and combat the effect of diet soda.



Cancer client. Pre: has shown to rejuvenate the blood after chemo therapy. We are amazed that it works so well that Pre: actually able to restore the red blood cells back to a health stat.



Picture to the left shows how the blood reacts when you have poor metabolism. In the picture to the right you can see how effective Pre: is to combat the effect poor metabolism on the blood.