ATP Ignite™ Workout

Exercise Performance & Results Optimizer*

Clinical Applications

- Enhances Exercise Performance*
- Helps Reduce Muscle Fatigue and Supports Muscle Power, Strength, and Growth with Peak ATP®
- Supports Recovery*
- Supports ATP Biosynthesis and Muscular Excitability*
- Provides an Alternative to Ordinary Caffeine*
- Supports Electrolyte Replacement*
- Provides Antioxidant Support with S-Acetyl-L-Glutathione and Vitamin C*

**ATP Ignite™ Workout** is designed to meet the demanding needs of the body during and after exercise. This great-tasting drink mix provides a low-carb, zero-sugar combination of bioactive B vitamins, electrolytes, Alion TRACCS® chelated trace minerals, key amino acids, herbs, and powerful antioxidants without the use of synthetic sweeteners or artificial ingredients. To fuel muscular excitability and take performance and recovery to the next level, ATP Ignite Workout features a unique blend of natural exercise enhancers that are patented and clinically tested. These include Purenergy™ caffeine/pterostilbene co-crystal, Creapure® creatine, and Peak ATP® adenosine triphosphate. Let ATP Ignite Workout help you maximize your exercise time and your energy output.*

Creapure is premium, 100% pure creatine monohydrate that has been used with confidence for over 20 years. The Creapure brand is recognized for careful selection of raw materials, patented high-performance technology, sophisticated process engineering under GMP conditions, and precise chemical analysis to ensure consistency and purity.

PURENERGY™

Purenergy is an innovative patent-protected ingredient that combines caffeine with pTeroPure® pterostilbene—a highly bioavailable analog of resveratrol—to form a unique co-crystal structure. It appears that this unique structure affects the way the body utilizes caffeine. As such, it may offer significant advantages over caffeine alone. In a rat study (n=6), the half-life of caffeine from Purenergy was eight hours, while that of ordinary caffeine was just three hours.* In a preliminary, four-week, single-blind, crossover human study (n=12) that compared 232 mg of Purenergy (providing 99.76 mg of caffeine) to 100 mg of ordinary caffeine, the absorption of caffeine from Purenergy was approximately 30% slower and Purenergy delivered 30% more caffeine to the bloodstream. Furthermore, at six hours, 51% more caffeine from Purenergy was detected in serum compared to ordinary caffeine.*

These data suggest that the effects of caffeine from Purenergy may last longer than the effects from ordinary caffeine and point to a potential for reducing total caffeine intake. Additionally, the extended half-life and slower absorption rate of caffeine from Purenergy may produce a more moderated and gradual finish, thereby preventing the “crash” associated with regular caffeinated energy products. While the results of these studies are promising, larger studies are needed to validate the findings and determine if these findings translate into a lengthened energy effect. Of interest, chlorogenic acids from coffee have been found to positively affect human fecal microbiota, including *Bifidobacterium* species, which could benefit host health.*

**Herbs and Amino Acids**

ATP Ignite Workout combines Purenergy in a proprietary blend with various herbs and amino acids, including green tea extract, coffee fruit extract, taurine, and L-arginine alpha-ketoglutarate. This proprietary blend is designed to complement the activities of Purenergy. Furthermore, some of these individual ingredients taken in high doses have roles in mitochondrial biogenesis and are known to have a positive influence on exercise performance.*

**Electrolytes and Antioxidants**

Electrolytes—including sodium, potassium, and magnesium—are important for energy production, nerve transmission, muscle contractions, pH balance, fluid balance, and more. Conditions that promote excessive sweating and increased metabolic activity

Continued on next page
**ATP Ignite™ Workout Supplement Facts**

**Serving Size:** 1 Scoop (about 12.7 g)

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>25</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>5 g</td>
<td>2%*</td>
</tr>
<tr>
<td>Vitamin C (as sodium ascorbate, potassium ascorbate, calcium ascorbate, and zinc ascorbate)</td>
<td>500 mg</td>
<td>556%</td>
</tr>
<tr>
<td>Vitamin E (as d-alpha tocopherol)</td>
<td>10 mg</td>
<td>67%</td>
</tr>
<tr>
<td>Thiamin (as thiamine HCl)</td>
<td>0.45 mg</td>
<td>38%</td>
</tr>
<tr>
<td>Riboflavin (as riboflavin 5'-phosphate sodium)</td>
<td>0.5 mg</td>
<td>38%</td>
</tr>
<tr>
<td>Niacin</td>
<td>10 mg</td>
<td>63%</td>
</tr>
<tr>
<td>Vitamin B6 (as pyridoxal 5'-phosphate)</td>
<td>2.6 mg</td>
<td>153%</td>
</tr>
<tr>
<td>Folate (as Quatrefolic® (6S)-5'-methyltetrahydrofolic acid, glucosamine salt)</td>
<td>40 mcg DFE</td>
<td>10%</td>
</tr>
<tr>
<td>Vitamin B12 (as MecobalActive™ methylcobalamin)</td>
<td>2500 mcg</td>
<td>104,167%</td>
</tr>
<tr>
<td>Pantothenic Acid (as d-calcium pantothenate)</td>
<td>3 mg</td>
<td>60%</td>
</tr>
<tr>
<td>Magnesium (as Albion® di-magnesium malate)</td>
<td>150 mg</td>
<td>36%</td>
</tr>
<tr>
<td>Zinc (as TRAACS® zinc bisglycinate chelate)</td>
<td>3 mg</td>
<td>27%</td>
</tr>
<tr>
<td>Manganese (as TRAACS® manganese bisglycinate chelate)</td>
<td>0.5 mg</td>
<td>22%</td>
</tr>
<tr>
<td>Chromium (as TRAACS® chromium nicotinate glycinate chelate)</td>
<td>100 mcg</td>
<td>286%</td>
</tr>
<tr>
<td>Sodium</td>
<td>135 mg</td>
<td>6%</td>
</tr>
<tr>
<td>Potassium</td>
<td>310 mg</td>
<td>7%</td>
</tr>
<tr>
<td>Creatine (as Creapure® creatine monohydrate)</td>
<td>3 g</td>
<td>**</td>
</tr>
</tbody>
</table>

**Proprietary Blend**

465 mg **

**Other Ingredients:** Maltdextrin, citric acid, malic acid, natural flavors (no MSG), potassium bicarbonate, natural grape powder, sodium bicarbonate, stevia leaf extract, and silica.

**DIRECTIONS:** Dissolve the contents of one scoop in 6-12 oz of water according to preferred sweetness. On non-workout days, consume the effervescent drink in the AM on an empty stomach. On workout days, consume the effervescent drink once daily 30 minutes prior to workout, or as directed by your healthcare practitioner.

Consult your healthcare practitioner prior to use. Individuals taking medication, especially blood thinners, should discuss potential interactions with their healthcare practitioner. Cafeine should not be combined with synephrine or ephedrine. Use cautiously if you have a history of abnormal heart rhythm. Do not use if tamper seal is damaged.

**STORAGE:** Keep closed in a cool, dry place out of reach of children.

**DOES NOT CONTAIN:** Wheat, gluten, yeast, soy protein, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners, or artificial preservatives.

---

**References**


Additional references available upon request.

---

*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.*