

PRE-WORKOUT FRIEND OR FOE?

Pre-workout supplements often advertise themselves as a convenient way to enhance your workouts and performance. But are they all they're cracked up to be? There are plenty of reasons to be skeptical.

UNREGULATED

Pre-workouts, like many other supplements, aren't heavily regulated – and what's in the product isn't always what it seems.

DOWNSIDES

In addition to the usual jitters that can come with high amounts of caffeine; the amounts often found in pre-workout supplements can cause poor sleep, and even potential heart problems!

Good sleep, nutrition, and hydration will always be a better alternative to supplementation!



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MOMENTUM NUTRITION IS HERE TO HELP!

