

PHYTOSPORT PREPARE & ENDURE (PRE-WORKOUT) COMPARISON



Ingredients	PhytoSport Prepare & Endure	C4	ENGN	HemaVol	Pre JYM	Carbon	Vega Sport Energizer
Calories	50	5	n/a	n/a	15	10	70
Total Carbs	9 g	1 g	n/a	n/a	4 g	3 g	16 g
Carbs from Sugar	6 g	1 g	n/a	n/a	2 g	n/a	12 g
Vitamin A	1000 IU	n/a	n/a	n/a	n/a	n/a	0
Vitamin C	120 mg	250 mg	n/a	75 mg	n/a	n/a	2.4 mg
Vitamin E	15 IU	n/a	n/a	n/a	n/a	n/a	n/a
Thiamin	0.38 mg	n/a	n/a	n/a	n/a	n/a	n/a
Riboflavin	0.43 mg	n/a	n/a	n/a	n/a	n/a	n/a
Vitamin B6	1 mg	35 mcg	2 mg	n/a	n/a	n/a	n/a
Folate (Folic Acid)	400 mcg	250 mcg	800 mcg	n/a	n/a	n/a	n/a
Vitamin B12	3 mcg	35 mcg	25 mcg	1.2 mg	n/a	n/a	n/a
Sodium	100 mg	n/a	n/a	n/a	130 mg	60 mg	60 mg
Potassium	100 mg	n/a	n/a	n/a	n/a	n/a	57.5 mg
Ginseng/Tumeric & Cayenne	189 mg	n/a	n/a	n/a	n/a	n/a	153 mg (ginseng/tumeric)
L-Arginine	1 g	1 g	n/a	n/a	n/a	n/a	n/a
L-Carnitine	100 mg	n/a	n/a	n/a	n/a	1 g	n/a
L-Glutamine	1 g	n/a	n/a	n/a	n/a	n/a	n/a
Beta Alanine	n/a	n/a	1.6 g	n/a	2 g	n/a	n/a
L-Citrulline	n/a	n/a	n/a	2.5 g	6 g	6 g	n/a
D-Ribose	250 mg	n/a	n/a	n/a	n/a	n/a	n/a
Caffeine (stimulants)	no	150 mg	yes (?)	n/a	300 mg	n/a	100 mg
Artificial Colouring	no	no	yes	yes	yes	yes	no
Artificial Flavours	no	yes	yes	yes	yes	yes	no
Artificial Sweeteners	no	yes	yes	yes	yes	yes	no
Soy Free	yes	yes	n/a	n/a	no	no	yes

* This comparison was created by an Independent Consultant with Arbonne International, not in association with Arbonne, LLC.

* Data was taken from accessible packaging through each companies online website.

* Comparisons based on a single serving of each of the products listed in the table.