

World's 1st

PRE-WORKOUT SHOT



AMMO is the world's first pre-workout shot. Each serving contains 89% active ingredients, making it the most concentrated pre-workout in the industry. Formulated using no fillers, binders, gums, or other pixie-dusted ingredients, **AMMO** hits within minutes of taking your first serving, delivering explosive energy and mind-lock mental focus. **AMMO**'s crystalline, free-form powder causes the formula to dissolve instantly, allowing the actives to hit you within minutes of gulping it down. **AMMO** is made for dry scooping or it can be slammed back as a shooter for slam-and-go training. Once you train on **AMMO**, you'll never train without it!

100% Transparent Formula

PROLINE is pulling back the curtain to show you exactly what goes into each of our products. Every one of our scientifically based ingredients is at a clinical dose and disclosed to the milligram—even flavours and sweeteners are listed. You hold yourself to the highest standards, so it's time to demand the same from your supplements.

Medicinal Ingredients / Ingrédients médicinaux

Serving Size: 1 Scoop (11.1 g) / Portion: 1 cuillerée (11,1 g)
Servings Per Container: 20 / Portions par contenant : 20

Amount / Quantité	per 1 Scoop (11.1 g) / par 1 cuillerée (11,1 g)	per 100g / par 100 g
Taurine / Taurine	3.0 g	27.07 g
Betaine / Bétaine	2.0 g	18.05 g
Agmatine Sulfate / Sulfate d'agmatine	1.5 g	13.54 g
Glycine / Glycine	1.0 g	9.02 g
Noble orchid (Dendrobium nobile Stem) / Orchidée noble (Tige de Dendrobium nobile)	600 mg	5.41 g
L-alpha-GPC (Choline alfoscerate) / L-alpha-GPC (Alfoscérate de choline)	600 mg	5.41 g
Peak ATP™ (Adenosine triphosphate disodium) / Peak ATP™ (Adénosine triphosphate disodium)	450 mg	4.06 g
Theobroma cacao Seed (10% Theobromine) / Graine de Theobroma cacao (10% Théobromine)	300 mg	2.71 g
Caffeine / Caféine	200 mg	1.80 g
L-Theanine / L-théanine	100 mg	0.90 g
Maritime pine 10:1 Extract (Pinus pinaster Aged bark) (95% Oligomeric procyanidins, QCE 1000 mg) / Extrait de Pin maritime 10:1 (écorce vieillie de Pinus pinaster) (95% Procyanidines oligomériques QBE 1000 mg)	100 mg	0.90 g
Vitamin B3 (Niacinamide) / Vitamine B3 (Niacinamide)	5 mg	45 mg
Vitamin B6 (Pyridoxine HCL) / Vitamine B6 (Chlorhydrate de pyridoxine)	5 mg	45 mg
Vitamin B12 (Methylcobalamin) / Vitamine B12 (Méthylcobalamin)	0.5 mg	5 mg

Non-Medicinal Ingredients : Natural and Artificial Flavours (400 mg), Acesulfame Potassium (150 mg), Sucralose (120 mg), Beta Carotene (for colour) (100 mg), Citric Acid (100 mg), Calcium Silicate (100 mg), Silicon Dioxide (50 mg)
Ingrédients non médicinaux : Arômes naturels et artificiels (400 mg), Acésulfame potassium (150 mg), Sucralose (120 mg), Bêta-carotène (couleur) (100 mg), Acide citrique (100 mg), Silicate de calcium (100 mg), Dioxyde de silicium (50 mg)

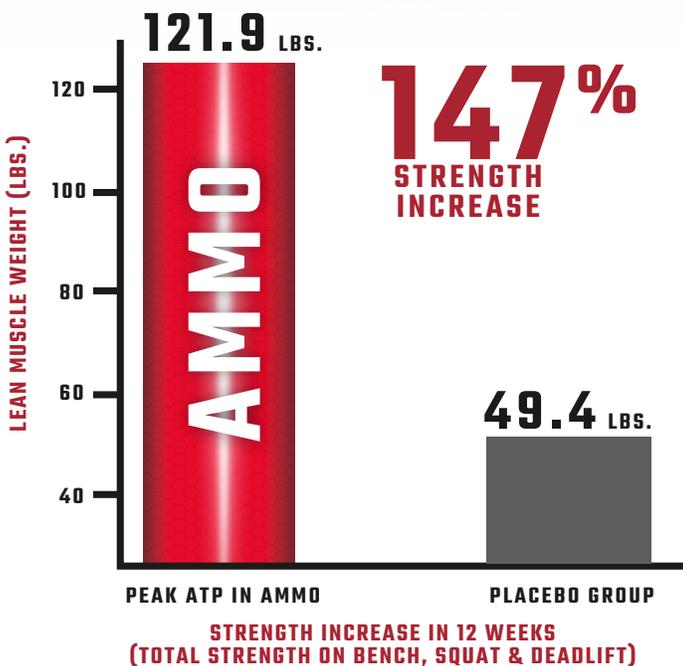


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PEAK ATP® (Adenosine Triphosphate Disodium)

ATP is the primary energy source powering muscle contractions. **AMMO** contains 425 milligrams of **Peak ATP**, which is a patented form of ATP clinically proven to increase size, strength, and power. Test subjects receiving 400 milligrams of **Peak ATP** saw a 147% increase in strength and a 100% increase in lean body mass over a placebo group. Research also shows that muscle performance and anti-fatigue effects start with the very first dose, which works synergistically with the entire **AMMO** formula to hit within minutes of taking it.



Taurine

This is a conditionally essential amino acid found in the brain, heart, and skeletal muscles. Research has shown that it increases endurance and work capacity and reduces muscle soreness. Taurine also helps the body utilize electrolytes, helping the entire **AMMO** formula work synergistically to maximize performance. Taurine also works synergistically with caffeine where both improve physical and mental performance, which is why they are often used together in energy drinks. Taurine also boosts physical performance by helping the flow of glucose to the muscles, which also has a protein-sparing effect.

Agmatine Sulfate

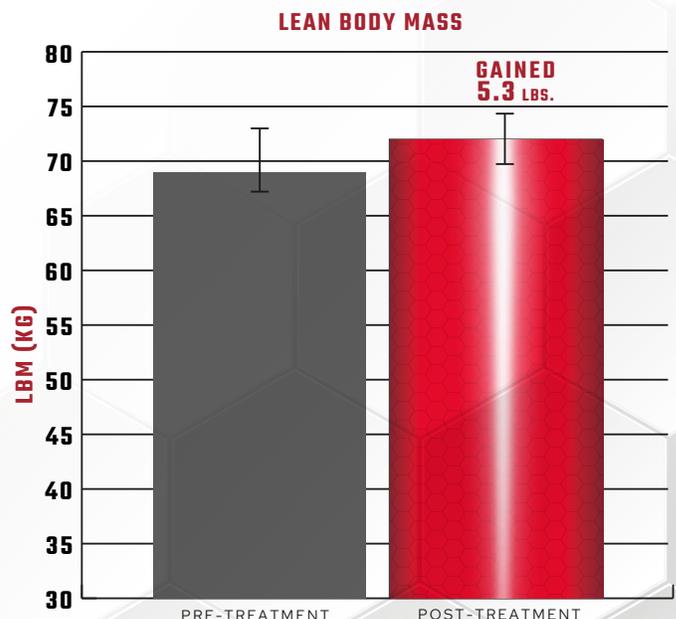
This is a by-product of the amino acid arginine, which increases nitric oxide by modulating the enzyme nitric oxide synthase, which gives you better pumps and nutrient delivery to your working muscles! Research has shown that it may act on hormones such as luteinizing hormone (LH) and growth hormone (GH) while providing antioxidant and nootropic support, which are all key to getting the best workout of your life.

Glycine

This amino acid is found in the central nervous system and works as a catalyst in many of the body's everyday functions dealing with nerves and muscles in the central nervous system. Glycine is vital to the production of creatine, which increases ATP, collagen, nucleic acids, glucose, and hemoglobin, which is critical for oxygen utilization. It also exerts an inhibitory influence on the central nervous system and works synergistically with the entire **AMMO** formula.

Betaine (Trimethylglycine)

This is an organic osmolyte found in many foods, including spinach, beets, and whole grains. Betaine has been shown to help increase muscle, build strength, improve endurance, and even increase nitric oxide. **AMMO** contains 2 grams of betaine in each serving. Test subjects taking betaine daily gained an incredible 5.3 pounds of lean body mass in 6 weeks!



LEAN MASS GAINS IN 6 WEEKS

P R O L I N E



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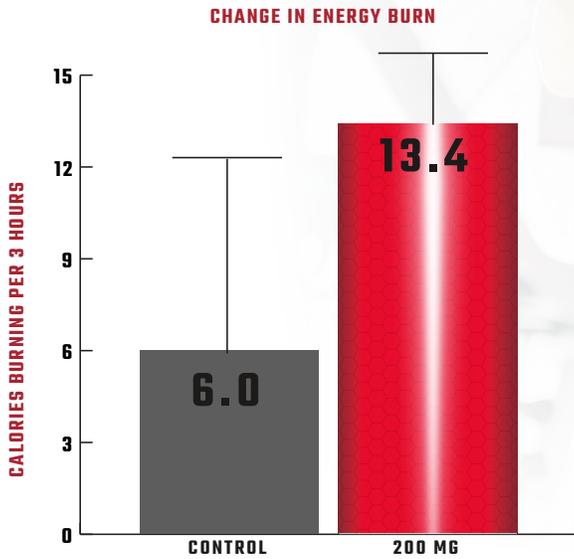


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Caffeine

There's no question caffeine is the most heavily researched performance-enhancing supplement ever made. It increases metabolic rate, fat oxidation rate, stamina and diet-induced thermogenesis. In a clinical study, test subjects taking the exact same caffeine dose found in one serving of **AMMO** burned more than twice the number of calories as those not taking it.

Noble Orchid (*Dendrobium nobile* Stem)

This is a thousand-year-old potent Chinese medicinal herb used to promote stomach, kidney, and lung health. Dendrobium is high in phenylethylamine (PEA), a chemical that increases the release of the brain chemical norepinephrine, which helps increase motor coordination, energy, stamina, and razor-sharp mental focus.

L-Alpha-GPC (Choline Alfoscerate)

This compound rapidly delivers choline to the brain across the blood-brain barrier and is a biosynthetic precursor of acetylcholine. Alpha-GPC is a prescription medication in Europe used for the treatment of Alzheimer's disease. It supports concentration, alertness, and mental focus. Caffeine depletes choline levels in the brain, which is why we included alpha-GPC in **AMMO**. By combining these two ingredients, we can ensure that sufficiently high intensity levels are consistent across the entire workout.

Theobroma cacao Seed (10% Theobromine)

This stimulant is naturally found in the cacao plant with energy-boosting effects milder but longer lasting than caffeine. Research has shown that theobromine can also cause bronchodilation, which increases airflow into the lungs, and enhanced oxygen delivery, which is critical to athletic performance.



ENERGY &
FOCUS



MAX
STRENGTH &
ENDURANCE



SLAM AND GO
SERVING

DRY SCOOP DIRECTIONS: Drop one level scoop on your tongue, close your mouth and allow the formula to dissolve and absorb for 30 seconds. Swallow the remaining mix and get ready to lift!

SLAM & GO MIXING DIRECTIONS: Mix one level scoop into 60 mL to 75 mL of cold water and shoot it back. Slam and go!

100% TRANSPARENT FORMULA

L-Theanine

This amino acid is derived from Japanese green tea and has been shown to increase the levels of the neurotransmitters gamma-aminobutyric-acid (GABA), dopamine, and serotonin. Studies also show that theanine produces a sense of relaxation and well-being, but without sedative effects. **AMMO** supports an unbelievable energy lift with a calming mind muscle connection like no other.

Maritime Pine (10:1 Extract)

This has been shown to elevate nitric oxide in the body, thereby increasing blood flow to muscles while you train on **AMMO**! Improved blood flow brings a fresh supply of oxygen and nutrients to your working muscles.

P R O L I N E

AMMO QUESTIONS & ANSWERS

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QUESTION

What makes AMMO different from other pre-workouts?

ANSWER

AMMO is the most highly concentrated pre-workout powder commercially available. Each serving contains 9,860.5 mg of active ingredients in an 11,100 mg scoop, which is 88.83% active ingredients by weight! The **AMMO** formula contains the most potent blend of stimulants, nootropics, adaptogens, and other performance-enhancing compounds legally available. Each substance works synergistically with the entire formula to deliver unstoppable energy, explosive power, clean mental focus, maximum recovery, and a mind-body connection unlike anything you've ever experienced. Unlike traditional pre-workouts, **AMMO** is designed to be dry scooped or mixed with 60 mL to 75 mL of water, so you won't experience bloating or stomach upset. Once you train on **AMMO**, you'll never train without it.

QUESTION

Why doesn't AMMO taste as delicious as some of the popular "mass market" pre-workouts?

ANSWER

PROLINE researchers formulated **AMMO** with one goal in mind: to enhance human performance. Each serving contains 14 active ingredients at clinical-strength doses with no proprietary blends, fillers, binders, or other junk you can't pronounce. We spared no expense in making **AMMO** the most potent pre-workout legally available. In fact, **AMMO** contains 89% active ingredients, which is the highest potency commercially available! Although candy-like taste wasn't our goal, **AMMO** goes down quickly and smoothly and hits hard and can be mixed with the least amount of water possible.

QUESTION

What's the difference between AMMO and AMMO Natural?

ANSWER

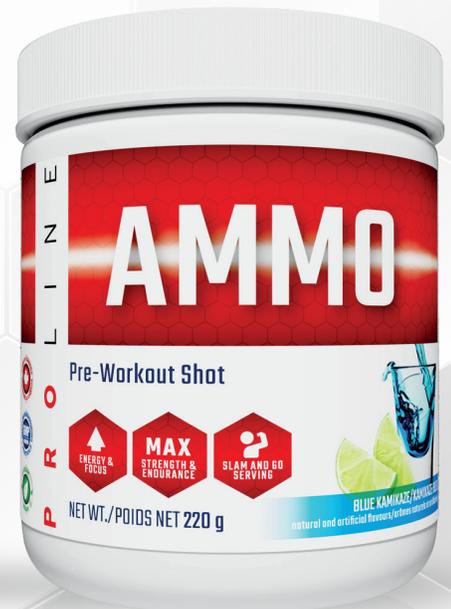
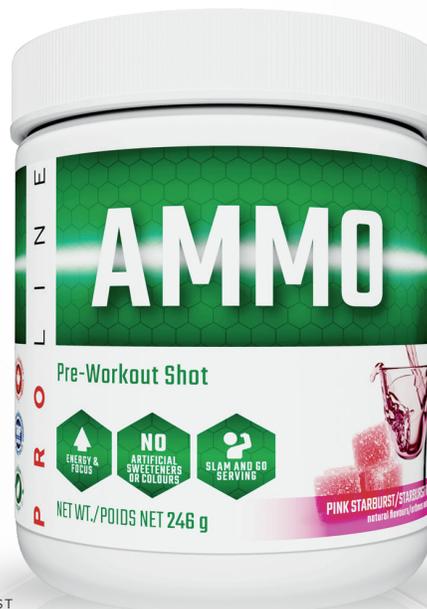
For those who want all the energy of **AMMO** without artificial flavours or sweeteners, we formulated **AMMO Natural**. Both formulas are equal in their ability to enhance human performance.

QUESTION

Can I use AMMO pre-contest cutting?

ANSWER

Because **AMMO** doesn't need to be mixed with water, it's perfect for pre-contest cutting or for use before any athletic event. Simply dry scoop the formula or mix it with 60 mL to 75 mL before training or your competition. Because of the high concentration of stimulants, **AMMO** reduces appetite while increasing metabolic rate.



AVAILABLE FLAVOURS

JELLO SHOT
70019900379-9

BLUE KAMIKAZE
70019900378-2

PINK STARBURST
70019900449-9

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