

Comparison of Natural Pre-Workout Supplements

	Ascent	Do Vitamins	Genius	Iron Brothers	Ketönd	Naked Nutrition	Old School Labs	Perfect Keto	Rari Nutrition	Strong Man Supps	Titan
Name	Pre-Workout	PurePump	PRE	Natural	ketöstax	Naked Energy	Vintage Blast	Perform	Infinity	Pure Power	Coffee
Staged Delivery	No	No	No	Yes	No	No	Yes	No	No	No	No
Agmatine	Yes	No	No	500mg	No	No	No	No	750mg	No	No
Arginine	No	500mg	No	No	No	1g	1g	No	No	No	No
Aspartic Acid	No	No	No	No	No	No	2g	No	No	No	No
BCAAs	Yes	1g	No	No	5g	No	No	2g	No	No	4g
Beta-Alanine	No	2g	2g	1.6g	2g	2g	1g	1.5g	1.6g	2g	No
Betaine	No	No	2g	1.25g	No	No	No	No	No	No	No
Carnitine	No	500mg	No	750mg	No	No	250mg	No	No	No	No
Citrulline	Yes	2g	6g	2g	3g	No	5g	500mg	3g	No	No
Glutamine	No	No	No	No	No	No	No	No	No	No	1g
Taurine	No	No	No	1g	No	No	No	No	No	No	750mg
Tyrosine	Yes	No	1g	750mg	No	No	250mg	No	220mg	No	750mg
Caffeine	150mg	200mg	No	260mg	No	200mg	250mg	50mg	175mg	270mg	200mg
Creatine	No	1g	No	No	5g	1g	No	2g	No	5g	No
Flavored option	Yes	No	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	N/A
Servings	30	30	20	25	20	50	20	15	30	30	30
Cost per Serving	\$1.17	\$1.33	\$2.00	N/A	\$2.00	\$0.80	\$2.00	\$2.87	\$1.00	\$0.93	\$1.07
Price	\$34.99	\$39.95	\$39.99	N/A	\$39.95	\$39.99	\$39.99	\$42.99	\$29.99	\$27.97	31.99