

Nutrigo Lab Strength Product Overview Pre-workout supplements are designed to give you the energy and focus you need to hit the gym hard, especially if you tend to work out at the beginning or end of the day when energy levels can be low and feelings of fatigue may set in. It's been specially designed by nutritionists to promote laser focus in the gym allowing you to work out harder and for longer, pushing you through your perceived limits to help produce significant results. There's a limited number of user feedback on the Nutrigo web page but as these don't even have a name against them the author is wary of their legitimacy. My experience Whilst this meant the cost per tub was higher, and the postage expensive, the author didn't want to buy multiple tubs of something that the author might find out didn't work, had an adverse effect on me, or that tasted awful. Improved performance during a workout leading to laser focus, increased strength and muscle endurance Reduction in tiredness and fatigue post workout with no caffeine crash This supplement is made by KeyPlayer Ltd who are an established company with extensive experience in health and beauty products and one of the leading manufacturers of personal care products. Nutrigo Lab Strength has been tested to ensure it is safe but, as with any supplement, it's always worth making sure you're not allergic to any of the key ingredients, and check with a health professional if you are at all unsure, pregnant, breast feeding, or suffer from any underlying health conditions that may be exacerbated by any of the contents User Reviews And My Experience This is a new supplement to the market and perhaps a potential downside is that it's only available via the Nutrigo Lab Strength website which makes searching for individual testimonials almost impossible. Due to the RedNite and caffeine mix included in the supplement the author found taking this prior to an evening workout still had the author feeling quite buzzy later in the evening just prior to going to bed, so the author had recommend trying to take this and working out a good five hours prior to bedtime to avoid any negative effects on your sleep quality! Manufactured by KeyPlayer Ltd, Nutrigo Lab Strength claims to increase performance and metabolism without the 'crash' after effects associated with many caffeine-based products. The body typically cannot produce creatine in sufficient amounts for it to have any beneficial effect in terms of performance, so the supplement form is often taken to produce the increased strength and endurance you look for when working out. Just so you know...