

Reebok ReeEnergize

Reebok ReeEnergize Pre-Workout + Creatine Powder Instruction Manual

Model: ReeEnergize (Watermelon Crush Flavor)

1. INTRODUCTION

This manual provides essential information for the safe and effective use of Reebok ReeEnergize Pre-Workout + Creatine Powder. Please read these instructions thoroughly before use to ensure optimal results and safety.

2. PRODUCT FEATURES

- **Explosive Energy + Focus Support:** Contains 200mg natural caffeine from green tea for smooth energy, L-Tyrosine, and L-Theanine for enhanced focus and mental clarity.
- **Strength Building:** Features 3g Creatine Monohydrate to increase strength, power, and training intensity. Includes Betaine Anhydrous for recovery and immune support.
- **Epic Pumps:** Provides 4g Citrulline to boost nitric oxide levels, improving blood flow, endurance, and muscle volume.
- **Faster Recovery:** Contains 3g D-Ribose to support rapid cellular energy restoration, aiding quicker recovery between sets and workouts without crash effects.
- **Clean Label Formula:** Informed Sport Certified, sugar-free, low-calorie, dye-free, and made without artificial flavors or beta-alanine to prevent tingling sensations.

3. USAGE INSTRUCTIONS

3.1 Preparation

1. Locate the scoop inside the container.
2. Mix one (1) scoop of Reebok ReeEnergize powder with 10-14 fl oz of water. Adjust water amount to taste preference.
3. Stir or shake well until the powder is fully dissolved.

3.2 Recommended Dosage

- **On Training Days:** Consume one (1) serving 30 minutes prior to exercise.
- **On Non-Training Days:** Consume one (1) serving in the morning.
- Do not exceed two (2) servings per day.

4. IMPORTANT SAFETY INFORMATION

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

- Consult a licensed, qualified healthcare professional before taking this product, especially if you are pregnant or nursing, have a medical condition, or are taking any medication.
- Discontinue use and consult a doctor if any adverse reactions occur.
- Keep out of reach of children.
- Do not use if safety seal is broken or missing.
- Store in a cool, dry place.

5. SPECIFICATIONS

Attribute	Detail
Brand	Reebok
Model Name	ReeEnergize
Flavor	Watermelon Crush
Primary Supplement Type	Creatine
Unit Count	14.0 Ounce
Item Form	Powder
Item Weight	1 Pounds
Caffeine Content	200mg Natural Caffeine (per serving)
Creatine Content	3g Creatine Monohydrate (per serving)
Citrulline Content	4g Citrulline (per serving)
D-Ribose Content	3g D-Ribose (per serving)
Certifications	Informed Sport Certified
UPC	850064869088

6. VISUAL GUIDES

6.1 Product Images



Front view of the Reebok ReeEnergize Pre-Workout + Creatine Powder container, highlighting the Watermelon Crush flavor and key benefits.

Supplement Facts

Serving Size: 1 Scoop (16g)
Servings Per Container: 25

	Amount Per Serving	% DV*
Calories	15	
Vitamin C (as ascorbic acid)	100 mg	110%
Vitamin B5 (as d-calcium pantothenate)	5 mg	100%
Vitamin B6 (as pyridoxine hydrochloride)	1.7 mg	100%
Vitamin B12 (as methylcobalamin)	2.4 mcg	100%
Vitamin D3 (as cholecalciferol)	20 mcg	100%
Vitamin K2 (as trans menaquinone-7)	120 mcg	100%
Sodium (as Pink Himalayan Sea Salt)	50 mg	2%
Energy-Pump Matrix*	4200 mg	
L-Citrulline	4000 mg	**
Natural Caffeine from Green Tea	200 mg	**
Strength-Endurance Complex*	6000 mg	
Creatine Monohydrate	3000 mg	**
D-Ribose	3000 mg	**
Focal-Mood Matrix*	350 mg	
L-Tyrosine	250 mg	**
L-Theanine	100 mg	**
Recovery and Immune Support*	2660 mg	
Betaine Anhydrous	2500 mg	**
Vitamin C, Vitamin D3, Vitamin B5, Vitamin B6, Vitamin K2, Vitamin B12	110 mg	**

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value not established.



GLUTEN FREE



LOW CALORIE



NO FD&C DYES



SUGAR FREE



CGMP
COMPLIANT

Other Ingredients: Malic Acid, Natural Flavors, Citric Acid, Calcium Silicate, Silicon Dioxide, Sucralose, Pink Himalayan Sea Salt, Beet Root (for color), Stevia Extract.

***These statements have not been evaluated by the Food and Drug administration.
This product is not intended to diagnose, treat, cure or prevent any disease.**



Detailed Supplement Facts panel, showing ingredients like L-Citrulline, Natural Caffeine, Creatine Monohydrate, D-Ribose, L-Tyrosine, L-Theanine, and Betaine Anhydrous, along with certifications.

FOCUS. STRENGTH. ENDURANCE.



CAFFEINE FROM GREEN TEA

For mental focus and energy*



CREATINE MONOHYDRATE

For workout endurance*



L-THEANINE

For mood boosting + focus*



Visual representation of key ingredients and their benefits: Caffeine from Green Tea for mental focus and energy, Creatine Monohydrate for workout endurance, and L-Theanine for mood boosting and focus.

PRE-WORKOUT + CREATINE

REEENERGIZE

+ENERGY* +PUMP* +ENDURANCE* +STRENGTH*

		LEADING SPORTS NUTRITION BRAND 
 Creatine Monohydrate (For workout endurance*)		
 Natural Caffeine from Green Tea (For energy + mental focus*)		
 L-Theanine (For mood boosting + focus*)		
 Informed Sport Certified		

A comparison table highlighting the inclusion of Creatine Monohydrate, Natural Caffeine from Green Tea, L-Theanine, and Informed Sport Certification in Reebok's product.



CLEAN ENERGY, ZERO CRASH



CAFFEINE FROM GREEN TEA

- ✓ Smooth Boost from Natural L-Theanine
- ✓ Gradual, Antioxidant - Sustained Release
- ✓ Improved Focus
- ✓ Diminished Jitters



Graphic emphasizing 'Clean Energy, Zero Crash' benefits, including smooth boost from natural L-Theanine, sustained release, improved focus, and diminished jitters.



An overview of the Reebok Performance System, featuring ReeEnergize (Pre-Workout + Creatine), ReeBuild (Whey Protein + Collagen), and ReeCover (BCAA + EAA + Electrolytes).

6.2 Official Product Videos



An official video from WELL CORE ESSENTIALS showcasing the Reebok ReeEnergize Pre-Workout + Creatine product.

7. TROUBLESHOOTING

- **Difficulty Dissolving:** Ensure sufficient water is used (10-14 fl oz per scoop) and shake vigorously for at least 30 seconds. Use a shaker bottle for best results.
- **Taste Too Strong/Weak:** Adjust the amount of water used to dilute the powder to your preferred taste.
- **Lack of Energy/Focus:** Ensure you are taking the recommended dosage 30 minutes before your workout. Individual responses to stimulants may vary. Do not exceed two servings per day.
- **Digestive Discomfort:** If you experience discomfort, try taking the supplement with a small amount of food or reduce the dosage to half a scoop to assess tolerance.

8. STORAGE AND MAINTENANCE

- Store in a cool, dry place away from direct sunlight and moisture.
- Keep the container tightly sealed when not in use to maintain freshness and prevent clumping.
- Do not remove the desiccant packet (if present) from the container.

9. WARRANTY AND SUPPORT

For product support, inquiries, or information regarding warranty, please visit the official Reebok website or contact their customer service directly. Refer to the product packaging for specific contact details.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question

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