

Performance & Energy Supplements

Pre- and intra-workout support to train harder and delay fatigue - built on the handful of ingredients that are genuinely proven.

- Creatine
- Caffeine
- Pre-workout
- Power
- Endurance

3-5g

daily creatine, the most researched performance aid

3-6mg/kg

caffeine dose shown to improve output

3-6g

beta-alanine daily for muscular endurance

30-60min

before training to take caffeine pre-workout

What this category covers

Performance and energy supplements support the work you do during a session - producing force, sustaining intensity, and pushing back fatigue. A short list carries most of the benefit: creatine for strength and power, caffeine for output and focus, beta-alanine for muscular endurance, and citrulline or nitrate for blood flow. Most sprawling pre-workout blends add little beyond these. Used at the right dose and timing, they give a real but modest edge on top of good training.

Key ingredients & typical dosing

Reference ranges commonly used in formulations. Evidence rating reflects the weight of human research for the stated role.

INGREDIENT	TYPICAL DAILY RANGE	PRIMARY ROLE	EVIDENCE
Creatine monohydrate	3 - 5 g	Strength, power & muscle energy	Strong
Caffeine	100 - 300 mg	Output, focus & perceived effort	Strong
Beta-alanine	3 - 6 g	Buffers acidity; muscular endurance	Strong
Beetroot / nitrate	300 - 600 mg	Blood flow & endurance efficiency	Moderate
Citrulline malate	6 - 8 g	Blood flow & the training 'pump'	Moderate
Sodium bicarbonate	0.2 - 0.3 g/kg	Buffers high-intensity efforts	Moderate
Taurine	1 - 2 g	Supports endurance & focus	Limited
BCAAs	5 - 10 g	Minor role if protein is adequate	Limited

How it helps

Each proven ingredient targets a different limiter of performance.



Strength & power

Creatine tops up the muscle's fast-energy system, reliably improving strength, power, and high-intensity output.



Focus & output

Caffeine sharpens focus and lowers perceived effort, so you train harder and hold intensity longer.



Muscular endurance

Beta-alanine buffers the acid buildup that ends a hard set, extending endurance in the 1-4 minute range.



Blood flow & pump

Citrulline and beetroot nitrate support blood flow and oxygen delivery, aiding endurance and the muscle pump.

The data at a glance

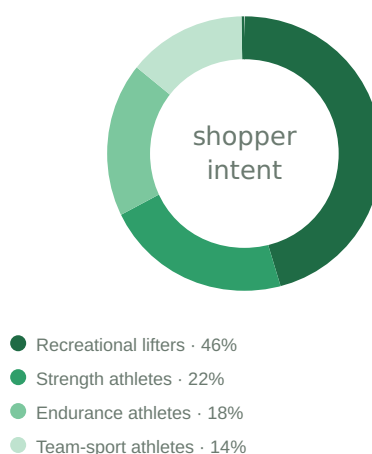
Weight of human evidence by ingredient

Higher = stronger, more consistent performance benefit in trials.



Who buys this category

Illustrative demand mix by athlete type.



Who it's for & how to use

Best for

Strength, power, and high-intensity training, and anyone wanting a proven edge in output during workouts.

When to take

Creatine daily at any time (timing doesn't matter); caffeine 30-60 min before training; beta-alanine daily since it builds up over weeks.

What to pair

Creatine with carbohydrate for uptake; caffeine with citrulline for a focused, well-perfused session.

Safety & interactions

- Watch total daily caffeine across pre-workout, coffee, and energy drinks, and avoid it within about 6 hours of bed.
- Beta-alanine can cause harmless skin tingling (paresthesia) - split doses or use sustained-release to reduce it.
- Creatine is safe and well-studied; a loading phase is optional - 3-5 g/day reaches the same place.
- If you're a tested athlete, use third-party certified products (Informed Sport / NSF).
- Stimulant pre-workouts warrant caution with high blood pressure, heart conditions, or anxiety.

Frequently asked

Do I need to load creatine?

No. Loading (20 g/day for a week) fills muscle stores faster, but taking 3-5 g daily reaches the same saturation in a few weeks with less stomach upset.

When should I take caffeine?

About 30-60 minutes before training for peak effect. Keep it earlier in the day so it doesn't wreck your sleep, which would undo the benefit.

Why does beta-alanine make me tingle?

That harmless skin-tingling sensation is normal and unrelated to how well it works. Splitting the dose or using a timed-release form reduces it.

Are big pre-workout blends worth it?

Usually the benefit comes from the caffeine, creatine, and beta-alanine inside them. Many extra 'proprietary' ingredients are underdosed and add little.

Featured products

Live items from this category, populated from the Tradebee products-read action.

No live products loaded. Populate `products[]` from the Tradebee products-read action to list this category's catalog here.

This page is educational and is not medical advice. Statements have not been evaluated by any regulatory authority and are not intended to diagnose, treat, cure, or prevent any disease. Consult a qualified healthcare professional before starting any supplement, especially if pregnant, nursing, taking medication, or managing a health condition.