

# Www.healthcosts.wales.nhs.uk

[www.healthcosts.wales.nhs.uk](http://www.healthcosts.wales.nhs.uk)

pre-workout products often contain energy-enhancing catalysts like caffeine and amino acids (i.e. arginine,

[www.healthcosts.wales.nhs.uk/home](http://www.healthcosts.wales.nhs.uk/home)