



### **Why a Pre-Workout May Turn Clumpy**

Sometimes your pre-workout may end up turning clumpy over an extended period of time. If this happens, it necessarily does not mean the product is bad.

Most pre-workout supplements are a powder form that contain hygroscopic ingredients.

**Hygroscopic:** (of a substance) tending to absorb moisture from the air.

- relating to humidity or its measurement.

Being that there are hygroscopic ingredients in the Never Been Stronger Pre-workout, the ingredients inside the container are more likely to attract and hold any sort of moisture that is at room temperature.

Never Been Stronger has two pre-workout flavors. They are Blue Raspberry and Passion Fruit. The Blue Raspberry is not 100% all natural. However, it is in the upper ninety percentile for being all natural. There are a few artificial flavors in the Blue Raspberry. In the next couple months however, you will see that our Blue Raspberry formula is soon to be 100% all natural. Similar to our Passion Fruit flavor, which is 100% all natural. Since it is all natural, it can clump up a little bit easier than normal.

Some may ask - "why don't you just leave the artificial sweeteners or flavors in there?" Well, we could, however it will cause issues with the gut health of our users and we do not want that. Gut health is one area that many people tend to forget about when it comes to food consumption. If you have poor gut health, you are more susceptible to getting sick or having a weaker immune system.

## Here are some tips to prevent your pre-workout from being clumpy:

- The Silica Gel Packet: Keep that inside the container! This is in there for a reason. This packet prevents the powder from attracting moisture. Which will prevent your pre-workout from becoming clumpy or hard. Make sure you keep that packet buried in the powder at all times.
- Stir or Shake the container before use: Pre-Workout may not be used daily and therefore the powder can settle. As the ingredients settle together, moisture has the ability to make the powder turn clumpy or hard easier.
- Keep your Pre-Workout in a cool DRY area: This also includes not leaving your pre-workout in excess heat, such as your car. On our website, we list the proper usage and storage on the page so potential consumers can learn about the product before they purchase.
  - <https://www.neverbeenstronger.com/product-page/never-been-stronger-pre-workout>
- Your Pre-Workout should be consumed typically in three months or less. If you are purchasing a pre-workout for very seldom use, you should aim to purchase RTD pre-workout drinks that you can purchase at the gas station. We say this because we do not want the product and your money to go to waste.

This document was created after a past customer reached out to us via Facebook and showed that her bottle of Blue Raspberry Pre-Workout became hard over a nine (9) month period. Never Been Stronger strives on educating the consumer on every product and ingredient. We felt that we did not properly inform this customer on usage and storage on their product, therefore we sent the customer a new bottle of pre-workout. We mention this scenario because we want to provide elite customer service and education for our customers. If you have had a similar issue with your product in the past and have any questions, please do not hesitate to contact us at [Support@neverbeenstronger.com](mailto:Support@neverbeenstronger.com) -- We want to ensure your training is fueled by the best products on the market.

Thank you,  
**Never Been Stronger**

