



# Full As F\*ck Nitric Oxide Booster     Fruit Punch

Rich Piana 5% Nutrition Full As F\*ck is an advanced pump pre-workout formula that uses active ingredients designed to increase nitric oxide levels and muscle cell volume, so your working muscles look Full As F\*ck!

## What are the suggested directions for using this product?

Mix 1 to 2 scoops with 8-12oz. cold water and consume 30 minutes before your workout. You can also use Full As F\*ck on off days by taking one serving in the morning on an empty stomach.

Disclaimer: Results may vary from person to person. Always consult with a qualified healthcare professional prior to beginning any diet or exercise program or taking any dietary supplement. The content on our website is for informational and educational purposes only and is not intended as medical advice or to replace a relationship with a qualified healthcare professional.

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## SUPPLEMENT FACTS

SERVING SIZE - 1 SCOOP: 12 g

SERVINGS PER CONTAINER: 30

PER SERVING

% DAILY SERVING

|                                                              |          |      |
|--------------------------------------------------------------|----------|------|
| Vitamin C (as ascorbic acid, calcium ascorbate)              | 250 mg   | 417% |
| Niacin                                                       | 30 mg    | 150% |
| Calcium (as calcium ascorbate)                               | 9 mg     | 1%   |
| Magnesium (as magnesium citrate, magnesium glycerophosphate) | 15 mg    | 4%   |
| Sodium (as sodium chloride, sodium glycerophosphate)         | 17 mg    | 1%   |
| Potassium (as potassium citrate, potassium glycerophosphate) | 36 mg    | 1%   |
| L-Citrulline                                                 | 4,000 mg | **   |
| L-Taurine                                                    | 2,000 mg | **   |
| Agmatine Sulfate (AgmaMax™)                                  | 1,000 mg | **   |
| Glycerol Monostearate                                        | 1,000 mg | **   |
| Dan-Shen Extract (Salvia Miltiorrhiza) (Root)                | 650 mg   | **   |
| Beet Root Powder                                             | 500 mg   | **   |
| L-Norvaline                                                  | 250 mg   | **   |
| Hesperidin                                                   | 100 mg   | **   |
| Black Pepper Fruit Extract (BioPerine®)                      | 5 mg     | **   |

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

\*\*Daily Value not established

Other Ingredients: Natural & Artificial Flavors, Citric Acid, Silicon Dioxide, Sucralose, Acesulfame Potassium, Red #40