Supplement Facts

Serving Size: 1 Scoop (21 g)
Servings Per Container: 20

	Amount Per Serving	% Daily Value
Calories	15	
Total Carbohydrate	<1 g	<1%*
Vitamin C (as Ascorbic Acid)	250 mg	417%
Niacin (as Niacinamide)	30 mg	150%
Folate (as Folic Acid)	260 mcg	65%
Vitamin B12 (as Methylcobalamin)	30 mcg	500%
Sodium	10 mg	<1%
Citrulline Malate	8 g	**
Beta-Alanine (CarnoSyn®)	3.2 g	**
L-Taurine	2 g	**
Betaine (BetaPower®)	1.5 g	**
Inositol-Stabilized Arginine Silicate (Nitrosigine®)	1.5 g	**
N-Acetyl-L-Tyrosine	350 mg	**
Caffeine (as Anhydrous)	300 mg	**
Coconut Water Fuit Powder	200 mg	**
Theacrine (TeaCrine®)	125 mg	**

*Percent Daily Values are based on a 2,000 calorie diet.
**Daily Value not established.

OTHER INGREDIENTS: POTASSIUM CITRATE, SUCRALOSE, POLYDEXTROSE, NATURAL AND ARTIFICIAL FLAVOR, GUM BLEND (XANTHAN GUM, GUM ARABIC), ACESULFAME POTASSIUM, SILICON DIOXIDE.

CONTAINS: TREE NUTS (COCONUT)

MANUFACTURED FOR AND DISTRIBUTED BY:
DYMATIZE ENTERPRISES, LLC, DALLAS, TX 75207 USA

STORAGE CONDITIONS: STORE IN A COOL, DRY PLACE.

DYMATIZE.COM
(888) 334-5326

PRODUCED IN THE USA WITH DOMESTIC AND INTERNATIONAL INGREDIENTS

† 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.

WARNING: THIS PRODUCT IS ONLY INTENDED TO BE CONSUMED BY HEALTHY ADULTS, 18 YEARS OF AGE OR OLDER. Do not use this product if you are pregnant or nursing. Before using this product, consult a health care professional if: you are taking any dietary supplement, prescription drug or over-the-counter medication; or if you have any medical condition. This product contains caffeine and should not be used with other caffeine or stimulants from other sources. Immediately discontinue use and contact a medical doctor if you experience any adverse reaction to this product. Do not exceed recommendations for suggested use. Use only as directed. Do not use if safety seal is broken or missing. **KEEP OUT OF REACH OF CHILDREN.**

CarnoSyn
Natural Alternatives International (NAI) is the owner of patents as listed on www.carnosyn.com and registered trademark CarnoSyn®.

Nitrosigine®
This product is covered by, made under or for use under one or more US patents.

betaPOWER
BetaPower® is a registered trademark of DuPont or its affiliates.

TEACRINE®
TeaCrine® is a registered trademark and protected by Patents Pending, Serial No. 61/903,362 under exclusive global distribution by Compound Solutions, Inc.

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INCLUDED INSIDE

1 PRE W.O.™
Perfectly engineered pre-workout designed to maximize your extreme training. 20 servings.

1 FREE SMART SHAKE® SHAKER + 1 FREE SAMPLE
Power through your workout with this leak proof 20 oz shaker that includes a snap-on power mix screen. Enjoy a free sample of one of our other amazing products or flavors.

PERFECTLY ENGINEERED
PRE W.O.™
NEVER WASTE A WORKOUT
ENERGY • STRENGTH • PUMP • INTENSITY

Experience the future of intense training. Dymatize® PreW.O.™ is a pre-workout formula that will turn your workouts into extraordinary experiences. Unleash super-intense workouts and explosive training sessions while enjoying an unmatched flavor experience. Amplify the intensity of your workouts with Citrulline Malate, Nitrosigine®, TeaCrine®, Beta-Alanine and caffeine.†

Dymatize PreW.O. is perfectly engineered to support your goals and make each workout count. Mixes clean and goes down smooth. Never sacrifice taste. Never waste a workout.™

INFORMED-CHOICE.ORG Trusted by sport

Informed-Choice is a quality assurance program that certifies that all nutritional supplements and/or ingredients have been tested for banned substances by the world class sports anti-doping lab, LGC.

DIRECTIONS: SHAKE CONTAINER BEFORE EACH USE. Add 1 scoop (provided) of powder to 12 fl. oz. (360 mL) of water. Shake until dissolved. Consume 15-30 minutes prior to workouts. Begin with 1/2 serving (1/2 scoop) to assess tolerance. This product is formulated with ingredients that absorb moisture and can lead to clumping of the powder. This is normal and the product is okay to consume. Some individuals may notice a tingling sensation which is harmless and attributed to Beta-Alanine.

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PERFECTING ATHLETIC NUTRITION™

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PERFECTLY ENGINEERED
PRE W.O.™
ENERGY • STRENGTH • PUMP • INTENSITY

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NET WT 14.82 OZ (420 g)
SOLD BY WEIGHT NOT VOLUME

CITRULLINE MALATE 8g | BETA-ALANINE: CARNOSYN® 3.2g | TEACRINE® 125mg

LIMITED EDITION
FREE SMARTSHAKE®
20 OZ SHAKER CUP & SAMPLE INCLUDED

PERFECTLY ENGINEERED
PRE W.O.™
ENERGY • STRENGTH • PUMP • INTENSITY

DIETARY SUPPLEMENT
PRE-WORKOUT FORMULA

20 SERVINGS
BANNED SUBSTANCE TESTED
GLUTEN FREE / NO DYES

NEW!
KILLER
PRE-WORKOUT

HANDSPUN COTTON CANDY
naturally and artificially flavored

LIMITED EDITION
FREE SMARTSHAKE®
20 OZ SHAKER CUP & SAMPLE INCLUDED

GET DYMATIZED

HANDSPUN COTTON CANDY
naturally and artificially flavored