GRAPE FROST

NATURALLY AND ARTIFICIALLY FLAVORED

POTENT PRE-WORKOUT▲ support in a concentrated ready to drink formula that delivers big-time energy while stoking thermogenesis with 250 mg of caffeine▲. All that in a compact 8.5 fluid ounce swig that won't weigh you down with any calories. A.B.B.'s got it going on for gym proven greatness.

A.B.B.™
AMERICAN BODY BUILDING
EST 1985

SPEED SHOT®

INTENSE ENERGY▲

250MG CAFFEINE

0G SUGAR

RECOMMENDED USE:

For Pre-Workout Energy▲: Consume up to 1 bottle approximately 30 minutes prior to exercise. For Daily Energy and Alertness▲: Consume up to 1 bottle with food.

Supplement Facts

Serving Size 1 Bottle (8.5 fl oz)

	Amount per serving	% Daily Value
Sodium	5 mg	<1%
Potassium	60 mg	1%
Proprietary Speed Shot® Blend	2 g	**

Beta-Alanine (as CarnoSyn®), Caffeine Anhydrous†, Taurine, DMAE (2-Dimethylaminoethanol) Bitartrate, Citrulline Malate, Evodiamine, N-Acetyl L-Tyrosine, Bitter Orange Extract (*Citrus aurantium*)(fruit) (Advantra Z®)††, Yohimbe Extract (bark) (standardized for 8% yohimbine), Yerba Mate Extract (*Ilex paraguariensis*)(leaf)(standardized for caffeine)†, Cocoa Extract (*Theobroma cacao*)(fruit)(standardized for theobromine), Guarana Extract (*Paullinia cupana*) (seed)(standardized for caffeine)†, Acai Berry Extract (*Euterpe oleracea*)(fruit), White Tea Powder (leaf), Asian Ginseng Root Extract, Grape Seed Extract, Green Coffee Bean Extract

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

OTHER INGREDIENTS: Triple Filtered Water, Natural and Artificial Flavor, Phosphoric Acid, Malic Acid, Tartaric Acid, Potassium Sorbate and Potassium Benzoate (as preservatives), Sucralose, Red 40, Blue 1.

Manufactured by:
ABB PERFORMANCE, LLC
3500 Lacey Road, Suite 1200
Downers Grove, IL 60515

CAUTION

†TOTAL CAFFEINE FROM ALL SOURCES IS 250 MG PER BOTTLE.
††TOTAL SYNEPHRINE FROM BITTER ORANGE IS 25 MG PER BOTTLE.

SHAKE WELL BEFORE USE.
STORE IN A COOL, DRY PLACE.
REFRIGERATE AFTER OPENING.
TAMPER EVIDENT - PURCHASE ONLY IF SEAL IS INTACT.

▲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.

ADVANTRA Z®
Zhishin, LLC, Vermont, U.S.A. has licensed Citrus Aurantium patents to Nutratech, Inc. (U.S. Patents 6,224,873; 6,316,499; 6,340,482). Nutratech is the exclusive worldwide distributor of the only patented Citrus Aurantium ingredient, Advantra Z®, which is a registered trademark of Nutratech, Inc.

CarnoSyn® Carnosine Synthesized
CarnoSyn® trademark and patents owned by Natural Alternatives International, Inc.

WARNING: THIS PRODUCT CONTAINS BETA-ALANINE, CAFFEINE AND SYNEPHRINE. NOT INTENDED FOR USE BY PERSONS UNDER AGE 18. DO NOT EXCEED RECOMMENDED DOSE. DO NOT CONSUME SYNEPHRINE OR CAFFEINE FROM OTHER SOURCES, INCLUDING BUT NOT LIMITED TO, COFFEE, TEA, SODA AND OTHER DIETARY SUPPLEMENTS OR MEDICATIONS CONTAINING PHENYLEPHRINE OR CAFFEINE. DO NOT USE FOR MORE THAN 8 WEEKS. CONSULT YOUR PHYSICIAN PRIOR TO USE IF YOU ARE PREGNANT OR NURSING, OR IF YOU ARE TAKING MEDICATION, INCLUDING BUT NOT LIMITED TO, MAO INHIBITORS, ANTIDEPRESSANTS, ASPIRIN, NONSTEROIDAL ANTI-INFLAMMATORY DRUGS OR PRODUCTS CONTAINING PHENYLEPHRINE, EPHEDRINE, PSEUDOEPHEDRINE, OR OTHER STIMULANTS. CONSULT YOUR PHYSICIAN PRIOR TO USE IF YOU HAVE A MEDICAL CONDITION, INCLUDING, BUT NOT LIMITED TO, HEART, LIVER, KIDNEY, OR THYROID DISEASE, PSYCHIATRIC OR EPILEPTIC DISORDERS, DIFFICULTY URINATING, DIABETES, HIGH BLOOD PRESSURE, CARDIAC ARRHYTHMIA, RECURRENT HEADACHES, ENLARGED PROSTATE OR GLAUCOMA. DISCONTINUE 2 WEEKS PRIOR TO SURGERY OR IF YOU EXPERIENCE RAPID HEARTBEAT, DIZZINESS, SEVERE HEADACHE OR SHORTNESS OF BREATH. BETAALANINE MAY CAUSE A HARMLESS, TEMPORARY TINGLING OR FLUSHING SENSATION.

DO NOT COMBINE WITH ALCOHOL. DO NOT EXCEED 2 BOTTLES WITHIN ANY 24 HOUR PERIOD. CONSUMED AT LEAST 4 HOURS APART. CONSUME AS PART OF A HEALTHY DIET AND EXERCISE PROGRAM, AND DRINK AT LEAST 100 FL. OZ OF WATER PER DAY. EXERCISE MAY INCREASE YOUR NEED FOR FLUID INTAKE.

V6.870.1216US 6039609

0 45529 58870 7

ME 5¢
CA CRV

MADE IN THE USA
This product contains ingredients of international and domestic origin.

AMERICANBODYBUILDING.COM
1-866-353-9222

8.5 FL OZ [251 mL]
DIETARY SUPPLEMENT