

TRUE STRENGTH OF PRE-WORKOUT PERFORMANCE
PRO PRE DELIVERS ENERGY, FOCUS, PUMP and ENDURANCE SUPPORT*

DIRECTIONS: Mix 1 scoop with 5 - 6 fluid ounces of water and consume 15-30 minutes prior to workout. Shake well.

INGREDIENTS	DOSE	TRAINING SUPPORT
CAFFEINE	300 MG	ENERGY & FOCUS*
BETA-ALANINE	3.2 G	ENDURANCE*
L-CITRULLINE	6 G	NITRIC OXIDE PRECURSOR*
RHODIOLA	200 MG	ENDURANCE*

WARNING: CONSULT YOUR PHYSICIAN BEFORE USING THIS PRODUCT IF YOU ARE TAKING ANY MEDICATIONS OR ARE UNDER A PHYSICIAN'S CARE FOR A MEDICAL CONDITION, NOT FOR USE BY THOSE UNDER THE AGE OF 18, WOMEN THAT ARE PREGNANT, TRYING TO GET PREGNANT, OR NURSING, OR THOSE THAT ARE SENSITIVE TO BETA-ALANINE, CAFFEINE OR NIACIN. DO NOT CONSUME CAFFEINE FROM OTHER SOURCES WHILE TAKING THIS PRODUCT AS TOO MUCH CAFFEINE MAY CAUSE NERVOUSNESS, IRRITABILITY, SLEEPLESSNESS, AND OCCASIONALLY RAPID HEARTBEAT. BETA-ALANINE AND NIACIN MAY CAUSE A HARMLESS, TEMPORARY TINGLING OR FLUSHING SENSATION.

DO NOT COMBINE WITH ALCOHOL. DO NOT EXCEED 1 SERVING WITHIN ANY 24 HOUR PERIOD. 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.

* 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.



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NEUROFACTOR
NeuroFactor™ is a trademark of VDF FutureCeuticals, Inc., used under license.

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BIOPERINE® is a registered trademark of Sabinsa Corporation.

TRUE STRENGTH®
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STORE IN COOL AND DRY PLACE



PRO PRE

ENERGY, FOCUS, PUMP
AND ENDURANCE*

20
SERVINGS

NET WT 12.7 OZ (360 G)
PRE-WORKOUT
SUPPLEMENT



300 MG
CAFFEINE

6 G
L-CITRULLINE

3.2 G
BETA-ALANINE

GRAPE CANDY
Naturally & Artificially Flavored

Supplement Facts

Serving Size About 1 Scoop (18 g)
Servings Per Container 20

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	1 g	<1%*
Vitamin D (as Cholecalciferol)	20 mcg	100%
Thiamin (as Thiamin HCl)	1.8 mg	150%
Niacin (as Nicotinic Acid)	25 mg	156%
Vitamin B ₆ (as Pyridoxine HCl)	2.5 mg	147%
Folate	850 mcg DFE	213%
Vitamin B ₁₂ (as Cyanocobalamin)	7.5 mcg	313%
Pantothenic Acid (as D-Calcium Pantothenate)	11 mg	220%
Calcium	40 mg	3%
Iron	0.5 mg	3%
Magnesium (as Magnesium Oxide)	230 mg	55%
L-Citrulline	6 g	**
Beta-Alanine (as CarnoSyn®)	3.2 g	**
Caffeine Anhydrous	300 mg	**
Rhodiola rosea L. Extract (root)	200 mg	**
L-Theanine	200 mg	**
Ashwagandha Extract (root) (KSM-66 ASHWAGANDHA®)	300 mg	**
Coffee Fruit Concentrate (NeuroFactor™)	100 mg	**
Trans-Resveratrol (resVida®)	75 mg	**
Black Pepper Extract (fruit) (BioPerine®)	5 mg	**
L-Leucine	2 g	**
N-Acetyl L-Tyrosine	1 g	**

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

** Daily Value not established.

OTHER INGREDIENTS: Citric Acid, Malic Acid, Natural and Artificial Flavor, Calcium Silicate, Silicon Dioxide, Sucralose, Tartaric Acid, Red 40, Blue 2, Lecithin.

Contains: Milk and Soy.

MANUFACTURED BY
OPTIMUM NUTRITION, INC.

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



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CONTENTS SOLD BY WEIGHT, NOT VOLUME