

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.



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



KSM-66 Ashwagandha*
KSM-66 ASHWAGANDHA® is a registered trademark of Kvaerner Biomed Inc.



NEUROFACTOR
Neurofactor® is a trademark of VDF FutureCeuticals, Inc., used under license.

resVida® is a registered trademark of DSM.

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

**BANNED
SUBSTANCE
TESTED**



300 MG
CAFFEINE

6 G
L-CITRULLINE

3.2 G
BETA-ALANINE

STRAWBERRY BURST
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.

CONTENTS SOLD BY WEIGHT, NOT VOLUME

OTHER INGREDIENTS: Citric Acid, Natural and Artificial Flavor, Malic Acid, Calcium Silicate, Silicon Dioxide, Sucralose, Tartaric Acid, Beet Juice Powder (Color), 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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