

# FRUIT PUNCH // ZERO SUGAR // FRUIT PUNCH // ZERO SUGAR // FRUIT PUNCH //

**DIRECTIONS:** Drink 1 can 15 – 30 minutes prior to your workout. To support hydration, drink plenty of water throughout your workout.

**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 CAFFEINE OR BETA-ALANINE. 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 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.

Total Caffeine is 350 mg per serving.

\*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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**350 MG**  
CAFFEINE

**25 MG**  
TEACRINE®

**1.5 G**  
BETA-ALANINE

**NO**  
ARTIFICIAL  
COLORS

**ZERO**  
CALORIES

**0 G**  
SUGAR



FINISH FIRST.®

ENERGY & PERFORMANCE PRE-WORKOUT™

**350 MG CAFFEINE**

**FRUIT PUNCH**

NATURALLY & ARTIFICIALLY FLAVORED

DIETARY SUPPLEMENT

NET WT 16 FL OZ (473 mL)

**HIGH CAFFEINE CONTENT (350 MG)**  
READ ENTIRE LABEL BEFORE CONSUMING.

## Supplement Facts

Serving Size 1 Can (16 fl oz)

	Amount Per Serving	% Daily Value
Calories	0	
Total Sugars	0 g	**
Beta-Alanine (as CarnoSyn®)	1.5 g	**
Caffeine	350 mg	**
Theacrine (as TeaCrine®)	25 mg	**

\*\*Daily Value not established.

**OTHER INGREDIENTS:** Carbonated Water, Citric Acid, Natural and Artificial Flavor, Phosphoric Acid, Potassium Sorbate and Potassium Benzoate (as Preservatives), Malic Acid, Sucralose, Tartaric Acid, Acesulfame Potassium.

**DISTRIBUTED BY:**  
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## TEACRINE

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**MANUFACTURED IN THE USA**

This product contains ingredients of international and domestic origin