

Dymatize

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NEVER WASTE A WORKOUT

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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, LDC.

## NEVER WASTE A WORKOUT<sup>®</sup>

ENERGY • STRENGTH • PUMP • INTENSITY<sup>®</sup>

Experience the future of intense training. Dymatize<sup>®</sup> PreW.O.<sup>™</sup> 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<sup>®</sup>, TeaCrine<sup>®</sup>, 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.

**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.

**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 consult 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.

\*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.

GET DYMATIZED



NET WT 14.82 OZ (420 g)

SEE COPY WEIGHT NOT VOLUME

CITRULLINE  
MALATE  
8g

BETA-ALANINE:  
CARNO SYN<sup>®</sup>  
3.2g

TEACRINE<sup>®</sup>  
125 mg

PERFECTLY ENGINEERED  
**PRE W.O.<sup>™</sup>**  
ENERGY • STRENGTH • PUMP • INTENSITY

DIETARY SUPPLEMENT

20 SERVINGS  
BANNED SUBSTANCE TESTED  
GLUTEN FREE / NO DYES

HANDSPUN COTTON CANDY  
naturally and artificially flavored

## 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 Fruit 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

**CarnoSyn**  
Natural Alternatives International (NAI) is the owner of patents as listed on [www.carnosyn.com](http://www.carnosyn.com) and registered trademark CarnoSyn®.

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

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For complete patent and trademark information, visit [Dymatize.com/gwinfo](http://Dymatize.com/gwinfo).

REV001



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