

SUPPLEMENT FACTS

Serving Size: 1 scoop (10.3 g)

Servings Per Container: 30

Amount Per Serving	Amount	% DV
Hi-Speed Micronized BCAA Blend		
L-Leucine	3000 mg	**
L-Isoleucine	1500 mg	**
L-Valine	1500 mg	**
Hi-Speed NO & Recovery Blend		
L-Glutamine	1000 mg	**
L-Citrulline	500 mg	**
Citrulline Malate 1:1	500 mg	**

Percent daily values based on 2000 calorie diet ** Daily value not established

Other Ingredients: Natural and Artificial Flavors, Citric Acid, Malic Acid, Sodium Chloride, Potassium Citrate, Sucralose, Acesulfame Potassium, Vitamin B6, FD&C Blue #1. Allergen Information: Manufactured on equipment that process products containing milk, soybeans (lecithin), peanut flavor, wheat, shellfish, tree nuts, fish oil and egg. KEEP OUT OF REACH OF CHILDREN.

Proudly manufactured in the USA
by RIVALUS (A Nutrivo Company)
1785 N. Edgelawn Dr., Aurora, IL 60506
1-800-620-4177

UPC
807156001819

6

grams BCAAs
at 2:1:1 ratio

1

gram glutamine
per serving

1

gram citrulline
per serving

0

banned
substances

DIETARY SUPPLEMENT
NET WEIGHT: .68 LBS. (309 G)

STEAMTM

IN-WORKOUT CORE BCAA ENERGY CONVERTER

BLUE RASPBERRY
NATURAL & ARTIFICIAL FLAVOR

RIVALUSTM

INFORMED-
CHOICE[✓]
Trusted by sport

WHY STEAM?

THE ATHLETE'S CHOICE TO RISE TO THE TOP

Endurance is mandatory for serious athletes. Which is why the 2:1:1 BCAA ratio, plus added glutamine, citrulline, and electrolytes in STEAM give workouts an added kick in the glutes – to help you train longer and recover quicker. **ZERO BANNED SUBSTANCES** simply ensures training harder is also training smarter.

2:1:1
BCAA MIX
LEUCINE
ISOLEUCINE
VALINE

AMINO
ENDURANCE MIX
GLUTAMINE
L-CITRULLINE
CITRULLINE MALATE

STAMINA+
MUSCLE
RECOVERY

LACTIC
ACID
+ SORENESS

10^{oz H₂O} + 1 FULL SCOOP

TRAINING DAY: 1 SERVING
@ WORKOUT

800-620-4177 RIVALUS.NET @RIVALUS

Warning: Consult a physician before using if you are unaware of your current health status, if you have a medical condition, or if you or your family has a medical history of cardiovascular disease, diabetes, psychological disorders, hormonal abnormalities, or if you are taking any prescription drug. Do not exceed maximum daily dosage. Do not use if safety seal is broken. Contains ingredients derived from milk. Store in a cool, dry place.

PRO & OLYMPIC ATHLETE TRUSTED WORLDWIDE
100%^{WADA} COMPLIANT