



CORE  
NUTRITIONALS

- A:** Aminos in the clinically-verified 2:1:1 BCAA ratio to support recovery and healthy lean muscle.†  
**B:** Beta-alanine as CarnoSyn®, to increase muscle strength, performance, and endurance.†  
**C:** Acetyl-L-Carnitine, to support healthy fat metabolism, increase aerobic capacity, and reduce muscle damage.†  
**D:** Drive energy compounds (Tyrosine, Choline, Caffeine), to increase feelings of wakefulness and alertness.†

**WARNING:** This product is only intended for use in healthy adults 18 years of age or older. Pregnant or nursing women should not use this product. Consult your healthcare provider before using this product, especially if you are taking any prescription, over the counter medication, dietary supplement product, or if you have any pre-existing medical condition including but not limited to: high or low blood pressure, cardiac arrhythmia, stroke, heart, liver, kidney or thyroid disease, seizure disorder, psychiatric disease, diabetes, difficulty urinating due to prostate enlargement or if you are taking a MAOI (Monoamine Oxidase Inhibitor) or any other medication. Discontinue use and consult your health care professional if you experience adverse reaction to this product. Do not exceed recommended serving. Do not use in combination with caffeine or any stimulants, including but not limited to, coffee, tea, soda, and other dietary supplements or medications. Do not use under extreme conditions of heat, sleep deprivation, extreme cardiovascular exertion or dehydration. Do not combine with alcohol. Do not use if safety seal is broken or missing. Keep out of reach of children.

**DIRECTIONS:** Mix 1 scoop in 8-12 ounces of water. For preworkout energy, use 1-2 scoops 20-30 minutes before training. Use 1-2 scoops for a morning coffee replacement or afternoon energy and recovery boost. Do not exceed 3 scoops per day.

† 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.



Crush It®

- » Protect from heat, light and moisture
- » Store at 10-25°C (50-77°F)

ABCD

AMINO ACIDS • BETA-ALANINE • CARNITINE • DRIVE

SUPERIOR RECOVERY  
ENHANCED DRIVE

30 SCOOPS BCAAS+ENERGY

NO FILLERS

FERMENTED  
BCAAs

NO ARTIFICIAL  
COLORS

SUSTAINED  
ENERGY

NO SUGARS

WHITE GRAPE

NATURALLY & ARTIFICIALLY FLAVORED

DIETARY SUPPLEMENT • 11.4 OZ (323 G)

## Supplement Facts

Serving Size: One Scoop (10.75g)

Servings Per Container: 30

|                                    | Amount Per Serving | % DV |
|------------------------------------|--------------------|------|
| Branched-Chain Amino Acids (BCAAs) |                    |      |
| L-Leucine                          | 2500mg             | **   |
| L-Isoleucine                       | 1250mg             | **   |
| L-Valine                           | 1250mg             | **   |
| CarnoSyn® Beta-Alanine             | 1600mg             | **   |
| Acetyl-L-Carnitine HCl             | 500mg              | **   |
| N-Acetyl-Tyrosine                  | 500mg              | **   |
| Choline Bitartrate                 | 500mg              | **   |
| Caffeine Anhydrous                 | 100mg              | **   |

\*\*Daily Value not established.

**OTHER INGREDIENTS:** Natural and Artificial Flavors, Citric Acid, Silicon Dioxide, Sucralose, Acesulfame-K.

Manufactured in a U.S. cGMP Facility.

Distributed by: Core Nutritionals, LLC, Arlington, Virginia 22203.

www.CoreNutritionals.com, info@corenutritionals.com, (888) 908-2332.



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