

ALARM™ is a high-end, performance driven, Pre-Training product. It is the most aggressive energy and training formula of its kind ever produced.† Its precise composition and chemical profile allows virtually every athlete, bodybuilder, and fitness competitor the ability to reach full-speed and full-strength in minimum time.† ALARM™ is scientifically formulated from premium extracts and synthesized isolates, for unrivaled bio-activity and effect.† This is an advanced, unadulterated, Pre-Workout machine. It is not meant to be used by beginners. Grab a bottle, take a scoop as directed, and let ALARM™ WAKE YOU UP – NOW!

Please read entire label before use.

Suggested Use: Use on training days only. Take one (1) serving (1 scoop) approximately 15-30 minutes prior to training, blended into 6-8 ounces of cold water or beverage, or as suggested by a qualified healthcare practitioner.

Important Note(s): Do not exceed one (1) serving (1 scoop) per training day. Avoid eating food or drinking a protein shake within an hour after consuming ALARM™. To avoid sleeplessness, do not take within four (4) hours of bedtime. Taking ALARM™ with food, or on a full stomach, may diminish its effects. Many individuals notice the initial energy, mental focus, and volumizing effects within just 5-15 minutes of ingestion, with a progressive increase every few minutes thereafter. Others may begin to notice initial signs within 30-45 minutes of ingestion.

Warnings: Not intended for use by persons under age 18. Do not exceed recommended dose. Do not take for more than eight (8) consecutive weeks. This product should not be taken by pregnant or lactating women. Get the consent of a licensed physician before using this product, especially if you are taking medication, have a medical condition, or thinking about becoming pregnant. **KEEP THIS PRODUCT AND ALL SUPPLEMENTS OUT OF THE REACH OF CHILDREN.**

Caffeine Warning: The recommended serving of this product contains approximately as much caffeine as three cups of coffee. Do not consume caffeine, or combine with synephrine from other sources, including but not limited to coffee, tea, soda and other dietary supplements or medications containing phenylephrine or caffeine. Too much caffeine may cause nervousness, irritability, sleeplessness, and occasionally rapid heartbeat. Discontinue use if you experience dizziness, severe headache, rapid heartbeat or shortness of breath.

† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party *in vivo* and / or *in vitro* model scientific research data findings.



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IMAGE**SPORTS**

INCREASED STRENGTH**
UNSTOPPABLE ENERGY**
ENHANCED PERFORMANCE**

ALARM™

PRE-TRAINING PERFORMANCE (PTP)**

DIETARY SUPPLEMENT
NET WEIGHT 4.9 OZ (140 GRAMS)

WATERMELON
Natural and Artificial Flavors

Supplement Facts

Serving Size 5 grams (1 scoop)
Servings Per Bottle 28

Amount Per Serving	% Daily Value
Calories 6	
Total Carbohydrate 1.5 g	<1%†
Sugars 0 g	**
Thiamin (as Thiamin Disulfide) 1 mg	67%
Niacin (as Nicotinic Acid) 25 mg	125%

PRE-TRAINING PERFORMANCE (PTP) MATRIX (Proprietary) 2,485 mg

Beta-alanine (as CarnoSyn®)	**
L-arginine alpha-ketoglutarate (AAKG)	**
Caffeine (as caffeine anhydrous)	**
Paulinia cupana (seed)	**
Creatine (as creatine monohydrate)	**
L-citrulline (as citrulline malate)	**
Ilex paraguariensis (leaf)	**
Zingiber officinale (root)	**
Heliopsis longipes (root)	**

† Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

Other Ingredients: Maltodextrin, Natural & Artificial Flavors, Malic Acid, Sucralose, Silica, Acesulfame K, FD&C Red No. 40.

*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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CarnoSyn
Carnosine Synthesizer