



PRE-EFFECT[®]

PRE-WORKOUT FORMULA

FRUIT PUNCH

NATURALLY & ARTIFICIALLY FLAVORED
DIETARY SUPPLEMENT

NET WT. 12.8 OZ. (363 g)

Supplement Facts

Serving Size: 1 Scoop (12.1 g)
Servings Per Container: About 30

	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrates	1 g	<1%†
Sodium (as sodium chloride)	30 mg	1%
Potassium (as dipotassium phosphate)	50 mg	1%
Muscle & Strength Matrix		
Creatine Monohydrate	3000 mg	*
Betaine Anhydrous	2000 mg	*
L-Leucine	2000 mg	*
Nitro Blend		
L-Citrulline DL-Malate	500 mg	*
Energy & Endurance Complex		
Beta-alanine (as CarnoSyn [®])	1600 mg	*
Caffeine Anhydrous	200 mg	*
<i>Rhodiola rosea</i> Extract (root) std. to 3% Total Rosavins (3 mg)	100 mg	*
Antioxidant and Support		
Grape Seed Extract (std 95% proanthocyanidins) (<i>Vitis vinifera</i>)(seed)	50 mg	*
Bromelain 2400 GDU/g	50 mg	*
AstraGin [®] (proprietary blend) (<i>Panax notoginseng</i>)(root) and (<i>Astragalus membranaceus</i>)(root)	50 mg	*

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

* Daily Value not established.

Other ingredients: Citric acid, natural & artificial flavor, acesulfame potassium, beet root powder (color), sucralose, xanthan gum.

Does not contain: Gluten, Artificial Colors.

DIRECTIONS: Mix one (1) scoop (12.1 g) in 8 oz. - 12 oz. of cold water. Consume 30 - 45 minutes prior to training or physical activity.

WARNING: Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT Do not use if outer seal is broken or missing.

AstraGin[®] is a registered trademark of
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Natural Alternatives International (NAI)
is the owner of patents as listed on
www.carnosyn.com and registered
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CarnoSyn
Carnosine Synthesizer

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