

PRE-WORKOUT

Suggested Use: Mix 2 scoops of powder with 8-12 oz. of water or coconut water and drink 1 hour before a workout. For maximum effectiveness, take on an empty stomach. May also be used as a post workout recovery drink or anytime a natural energy boost is needed by mixing 1 scoop with 6-8 oz of water or coconut water. Not to exceed 4 scoops per day. Each scoop contains 20mg of naturally occurring caffeine.

If you have a medical condition, are pregnant, lactating or taking medication, consult your health care professional before using this or any other nutritional supplement.

Store in a cool, dry place.

Suitable for vegetarian diets.

Caution: Keep out of reach of children.



RD0317

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, mitigate, treat, cure or prevent any disease.

PURIUM
HEALTH PRODUCTS



SPORTS & FITNESS

CAN'T BEET THIS!

Power Up Your Performance
Build Muscle

Dietary Supplement
Net Wt. 180g

Supplements Facts

Servings per container Serving size	Approx. 30 1 scoop (8g)	Approx. 15 2 scoop (12g)
Amount Per Serving		
Calories	20	40
	% DV*	% DV*
Total Fat	2.5g 4%	5g 7%
Saturated Fat	0g 0%	0g 0%
Sodium	25mg 1%	50mg 2%
Total Carbohydrate	5g 1%	10g 3%
Dietary Fiber	<1g 1%	1g 4%
Total Sugars	2g	4g
Includes Added Sugars	0g 0%	0g 0%
Protein	0g	1g
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	Calcium 7mg <1%	14mg 1%
	Potassium 65mg 2%	170mg 5%
	Vitamin C 2.5mg 4%	5mg 6%
	Folate 16mcg 4%	30mcg 6%
	Phosphorus 11mg 1%	22mg 2%
	Magnesium 6mg 1%	13mg 3%
† Daily Values not established		
Not a significant source of Trans Fat, Cholesterol, Vitamin D, or Iron.		

Can't Beet This! Proprietary Blend

6g † 12g †
Organic Beet Root, Organic Brown Rice Syrup Solids, Organic Lemon, Organic Coconut Water Powder, Organic Pomegranate, Organic Beet Root Juice Powder, Organic Brown Rice Extract, Organic Maca Root, L-Malic Acid, Organic Monk Fruit Extract, Cordy-Gen® Organic Cordyceps sinensis Mushroom, Organic Panax Ginseng, Organic Eleuthero Root, Organic Yerba Mate Leaf, Organic Rhodiola rosea Extract, Organic Moringa Leaf, Organic Guar Gum, Natural Flavors (Orange, Guava, Passion Fruit), Organic Coffeeberry® Whole Coffee Fruit Extract.

Cordy-Gen® is a registered trademark of Gourmet Mushrooms, Inc.
Coffeeberry® is a registered trademark of VDF FutureCeuticals, Inc.

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CAN'T BEET THIS! is Certified Organic by QAI.