

• RECOVERY[†] • ENERGY[†] • PERFORMANCE[†] • STAMINA[†] • MUSCLE[†] • RECOVERY[†] • ENERGY[†] • PERFORMANCE[†]

RECOMMENDED USAGE		# OF SCOOPS
TRAINING DAYS	Pre-Workout	
	Intra-Workout	
	Post-Workout	
NON-TRAINING DAYS	Morning, Noon or Night	

Please read entire label before use.

Suggested Use: Take one (1) serving (1 scoop) blended into 8oz of ice cold water, either before, during, or after workout, or as directed by a qualified healthcare practitioner. On non-training days, take one (1) serving (1 scoop) first thing in the morning, on an empty stomach, or as directed by a qualified healthcare practitioner.

Warnings: Not intended for use by persons under age 18. Do not exceed recommended dose. Get the consent of a licensed physician before using this product, especially if you are taking medication, have a medical condition, you are pregnant, nursing 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.

EXT
Manufactured for and Distributed By:
EXT Sports, Fort Lauderdale, FL 33301.
To report an adverse event or for more information call: 954.284.3387 (tel)
www.ext-sports.net

CHAIN™ is a remarkable blend of the breakthrough blend of **SILK AMINO ACIDS** (SAAs), CarnoSyn® (Beta-Alanine), Magnesium Glycyl Glutamine, and **ENERGY!** It is the ultimate evolution of the function of aminos. This unbelievable muscle building, strength conditioning, recovery formula serves as a standard for the ultimate athlete.

Experience This Exact Sequenced Composition and Precise Ratio for optimal pro-anabolic results!



Magnesium Glycyl Glutamine • **SILK AMINO ACIDS**

WATERMELON
Natural & Artificial Flavors

AMINO ACIDS -
PERFORMANCE[†],
ENERGY[†], MUSCLE[†],
STAMINA[†],
RECOVERY[†].

CHAIN™ is a remarkable blend of the breakthrough blend of **SILK AMINO ACIDS** (SAAs).[†] Please read the warning on the back of this label carefully before consumption.

NET WEIGHT
5.29 OZ (150 GRAMS)

30 Servings
5 GRAMS
Per Scoop

DIETARY SUPPLEMENT

Supplement Facts

Serving Size 5 grams (1 scoop)
Servings Per Bottle 30

Amount Per Serving	% Daily Value
BREAKTHROUGH AMINO & ENERGY BLEND (Proprietary) 4,010 mg	
L-Alanine	**
Glycine	**
Beta-alanine (as CarnoSyn®)	**
L-Serine	**
L-Valine	**
L-Threonine	**
Caffeine (as caffeine anhydrous)	**
Glutamine (as magnesium glycyl glutamine)	**

**Daily Value not established.

Other Ingredients: Taurine, silica, citric acid, natural and artificial flavors, sucralose, acesulfame-K, and FD&C Red No. 40.



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* 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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