

Suggested Use: Mix 1/2 scoop in 6-8oz water 20-30 minutes before your workout. Once tolerance has been assessed, you may use one full serving (1 scoop.)

A slight tingling sensation is normal and is due to the beta alanine. Be sure to stay hydrated and have a great workout!

WARNING: Product contains 200mg of caffeine per serving. Do not consume more than one serving over 3-4 hours. Do not exceed more than 2 servings per day. Do not use if sensitive to caffeine. Limit the use of caffeine-containing medications, foods, or beverages while taking this product because too much caffeine may cause nervousness, irritability, sleeplessness, and occasionally, rapid heartbeat. Consult a physician before use if you are pregnant, lactating, have medical condition (including but not limited to, hypertension or thyroid conditions), or taking any medication. Not recommended for use by children under 18 years of age. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place.

* 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.

TheaKalm
pure l-theanine

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ALANINU
PRE-WORKOUT
CITRUS DEW
NATURALLY FLAVORED



30
SERVINGS
DIETARY SUPPLEMENT
NET WT. 10.58oz | 300g

◉ **ENERGY**
◉ **ENDURANCE**
◉ **PUMP**

Supplement Facts

Serving Size: 1 Scoop (10g)
Servings per Container: 30

	Amount Per Serving	%DV
L-Citrulline Malate 2:1	6 g	**
Beta-Alanine	1.6 g	**
L-Tyrosine	500 mg	**
Caffeine (from <i>Coffea arabica</i> [Bean] Extract)	200 mg	**
L-Theanine (as TheaKalm® <i>Camellia sinensis</i> [Leaf] extract)	200 mg	**

**Daily Value (DV) Not Established

Other Ingredients: Potassium Bicarbonate, Silica, Citric Acid, Natural and Artificial Flavors, Sucralose, Acesulfame Potassium, Turmeric Extract, Spirulina Extract.

Distributed by:

ALANINU

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ALLERGEN WARNING: Processed in a facility and/or manufacturing line that also processes products containing milk, eggs, soybeans, wheat, shellfish, fish oil, tree nuts, and peanut flavor.