

Designed to give you the edge so you can push the limits and Xperience more.

BEGIN STRONG

XS™ Intense Pre-Workout Boost jump starts your workout with increased energy and sharper focus. Created with CarnoSyn® Beta-Alanine**, an energy blend, and Rhodiola rosea, it hydrates while harnessing your power for maximum performance.

Begin strong, end strong with **XS™ Intense Pre-Workout Boost**.

PERFORM BETTER AT EVERY STAGE WITH THE ENTIRE **XS™** LINE.

HYDRATE

Quench your thirst and improve your body's overall hydration.

ENERGIZE

Give your body an immediate boost and long-lasting energy.

RECHARGE

Recover faster from workouts while building lean muscle mass.**

XSPERIENCE MORE

ENERGIZE

INTENSE PRE-WORKOUT BOOST

boosts energy
dietary supplement

citrus burst
flavored

INCREASE ENERGY

SHARPEN FOCUS

NON-GMO

INFORMED-CHOICE
Trusted by sport

12 STICK PACKS NET WT 6.0 OZ (180g)



ENERGIZE

Supplement Facts

Serving Size 1 Stick Pack (15g)
Servings Per Container 12

Amount Per Serving	% Daily Value*	
Calories	40	
Calories from Fat	5	
Total Fat	0.5g	1%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Total Carbohydrate	8g	3%
Sugars	6g	
Vitamin C (as ascorbic acid)	60mg	100%
Thiamin (as thiamine mononitrate)	1.5mg	100%
Riboflavin	1.7mg	100%
Niacin (as nicotinic acid)	20mg	100%
Vitamin B6 (as pyridoxine hydrochloride)	25mg	1250%
Folic Acid	400mcg	100%
Vitamin B12 (as cyanocobalamin)	120mcg	2000%
Pantothenic Acid (as d-calcium pantothenate)	10mg	100%
Sustained Energy Matrix (maltodextrin, isomaltulose, dextrose, waxy maize)	7.4g	†
CarnoSyn® Beta-Alanine**	3.2g	†
Medium Chain Triglycerides (from coconut oil)	500mg	†
Energy Blend	600mg	†
Caffeine (from guarana seed extract and coffee bean extract), Eleuthero root, ginkgo leaf, astragalus root, Asian ginseng root, schizandra fruit and seed, sargassum thallus, reishi fruit, jujube fruit, lycium fruit, luo han guo fruit		
Rhodiola root extract (standardized to 3% rosavins)	100mg	†

* Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

INGREDIENTS: CARNO SYN® BETA-ALANINE**, MALTODEXTRIN, ISOMALTULOSE, DEXTROSE, WAXY MAIZE, CITRIC ACID, NATURAL FLAVORING, ENERGY BLEND (CAFFEINE [FROM GUARANA SEED EXTRACT AND COFFEE BEAN EXTRACT], ELEUTHERO ROOT, GINKGO LEAF, ASTRAGALUS ROOT, ASIAN GINSENG ROOT, SCHIZANDRA FRUIT AND SEED, SARGASSUM THALLUS, REISHI FRUIT, JUJUBE FRUIT, LYCIUM FRUIT, LUO HAN GUO FRUIT), MEDIUM CHAIN TRIGLYCERIDES (FROM COCONUT OIL). **CONTAINS 2% OR LESS OF:** SILICA, MALIC ACID, RHODIOLA ROOT EXTRACT, ASCORBIC ACID, PYRIDOXINE HYDROCHLORIDE, REB A (STEVIA), NIACIN (AS NICOTINIC ACID), CYANOCOBALAMIN, D-CALCIUM PANTOTHENATE, FOLIC ACID, THIAMINE MONONITRATE, RIBOFLAVIN.

Store in a cool, dry place.

INSTRUCTIONS: Mix 1 stick pack in 12-16 fl oz of water or juice. Consume immediately. No more than 2 servings per day.

WARNING: May cause flushing and/or tingling. Contains 100mg of caffeine per serving. Not recommended for children, pregnant or nursing women, or those sensitive to caffeine. If you have a medical condition, consult with a physician before using this product.

† This statement has 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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