

BODYBUILDING.COM SIGNATURE

A signature is a promise. A symbol of your identity. Your mark on the world. Bodybuilding.com was founded on a single promise: Trust. It's who we are and it's in our blood. Our Signature line is built on the same promise. Every product is transparent, filler-free, and formulated with effective doses of research-backed ingredients you can trust. We create the highest quality supplements, so you can focus on leaving a mark of your own.

Amino acids help stimulate protein synthesis and reduce protein breakdown.* Our formula provides a serious dose of BCAAs – a full 5 grams! Electrolytes replenish your hydration stores to help support muscle function during your workout, while caffeine boosts energy and focus.*

Directions for Use: Shake well before each use. Add 1 scoop (10 grams) to 10 ounces of cold water and mix thoroughly. Sip this refreshing beverage pre-workout to fuel your training, post-workout to speed muscle recovery, or anytime you could use some energy.*

Warnings: Some individuals may experience a harmless tingling sensation that is caused by beta-alanine. Consult your physician before using this product. Not for use by those under the age of 18 or by women who are pregnant, trying to become pregnant, or nursing, or those who are sensitive to caffeine. Do not consume caffeine from other sources while taking this product as too much caffeine may cause nervousness, irritability, sleeplessness, and rapid heartbeat. Do not exceed 4 servings within a 24-hour period.



Natural Alternatives International (NAI) is the owner of patents as listed on www.carnosyn.com and registered trademark **CarnoSyn®**.



Manufactured in the USA in a GMP registered facility with domestic and international ingredients.

* 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.

Contents may settle during the shipping process. Sold by weight, not by volume.

S I G N A T U R E AMINO PLUS ENERGY

PROMOTES

Muscle Recovery*

SUPPORTS

Muscle Function With Electrolytes*

INCREASES

Energy and Focus*

BLUEBERRY LEMONADE

DIETARY SUPPLEMENT | ABOUT 30 SERVINGS

NATURALLY AND ARTIFICIALLY FLAVORED
GLUTEN AND SOY FREE

Net Wt. 10.58oz (300g)

Supplement Facts

Serving Size: 1 scoop (10 g)
Servings Per Container: About 30

	Amount Per Serving	% Daily Value
Calcium (as calcium chloride)	25mg	3%
Magnesium (as magnesium oxide)	25mg	6%
Chloride (as sodium and calcium chloride)	200mg	6%
Sodium (as sodium chloride)	100mg	4%
Potassium (as potassium citrate)	100mg	2%
Leucine	3g	†
Isoleucine	1g	†
Valine	1g	†
CarnoSyn® Beta-Alanine	750mg	†
Arginine	500mg	†
Taurine	500mg	†
Green Tea Extract (50% Catechins 25-30 EGCG 12-15% Caffeine)	100mg	†
Caffeine (from caffeine anhydrous and green tea extract)	100mg	†

† Daily Value not established

Other Ingredients: Citric Acid, Malic Acid, Natural and Artificial Flavor, Sunflower Lecithin, Acesulfame Potassium, Sucralose, FD&C Blue No. 1.

NO WHEAT, DAIRY, SOY, TREE NUTS, PEANUTS.

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