

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.

A good pre-workout is much more than a megadose of stimulants: It's an essential tool for making the most of your training time. Signature Pre Workout includes proven ingredients that promote intense pumps and growth while battling fatigue, so you can work out harder and longer.*

Directions for Use: Shake well before each use. Add about 1 scoop (14 grams) to 8 ounces of cold water and mix thoroughly. Enjoy 30 minutes before your workout.

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 recommended dose.



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

Contents may settle. Packed by weight, not by volume.

* 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.



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

S I G N A T U R E
PRE WORKOUT

INCREASES Energy and Heightens Focus* | **FUELS** Athletic Performance* | **DELAYS** The Onset of Muscle Fatigue*

BLUEBERRY LEMONADE | **DIETARY SUPPLEMENT | ABOUT 30 SERVINGS**
NATURALLY AND ARTIFICIALLY FLAVORED | GLUTEN AND SOY FREE | Net Wt. 14.82oz (420g)



Supplement Facts

Serving Size: 1 scoop (14g)
Servings Per Container: About 30

	Amount Per Serving	% Daily Value
Calcium (calcium chloride and tricalcium phosphate)	100mg	8%
Magnesium (magnesium oxide)	55mg	13%
Chloride (potassium, sodium and calcium chloride)	60mg	3%
Sodium (sodium chloride)	5mg	<1%
Potassium (potassium chloride)	40mg	1%
L-Citrulline	5g	†
Leucine	3g	†
CarnoSyn® Beta-Alanine	1.5g	†
Taurine	1g	†
Caffeine Anhydrous	200mg	†

† Daily Value not established

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

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

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