

## BLACKSTONE LABS FORMULA 19

SUPERIOR CARBOHYDRATE BLEND FOR  
RAPID GLYCOGEN LOADING †

GLUTAMINE FOR RECOVERY  
& CELL VOLUMIZING †

LEUCINE FOR ANABOLIC EFFECT †

ALPHA LIPOIC ACID FOR RAPID  
CARBOHYDRATE TRANSPORT †

ELECTROLYTES FOR HYDRATION & RECOVERY †

### WARNING

KEEP OUT OF REACH OF CHILDREN. This product should not be taken by individuals under 18 years of age. Consult a licensed health professional before taking this product. This product is not intended as a sole source of nutrition and should be consumed in conjunction with an appropriate physical training or exercise program. You should not take this product if you have any current or pre-existing medical conditions, or if you are pregnant or nursing. Do not take this product with alcohol, or if you currently taking any prescription or over-the-counter medications. Do not exceed recommended serving, as it could result in serious adverse health effects. If you experience an unusually rapid heartbeat, dizziness, severe headache, or shortness of breath, discontinue use immediately. 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.

### DIRECTIONS



FOR MEN:  
As a dietary  
supplement,  
mix 2 scoops  
in 8-10oz of  
water and  
take post  
workout on  
training days.



FOR WOMEN:  
As a dietary  
supplement, mix 1  
scoop in 8-10oz of  
water and take post  
workout on training  
days.

Can alternatively be taken  
pre-workout for added energy. †

30 SERVINGS  
DIETARY SUPPLEMENT

BLACK CURRANT  
NATURALLY & ARTIFICIALLY FLAVORED

NET WT  
36.43 oz 2.28 lbs

BLACKSTONE™  
LABS

# FORMULA 19

R<sup>3</sup> CARBOHYDRATE  
RECOVER. RECREATE. REANIMATE †

## BLACKSTONE LABS FORMULA 19

### Supplement Facts

Serving Size: 1 Rounded Scoops (34.42 Grams)  
Servings Per Container: 30

|                                                         | Amount Per Serving | DV%  |
|---------------------------------------------------------|--------------------|------|
| Calories                                                | 100                |      |
| Total Carbohydrate                                      | 25g                | 9%*  |
| Sodium                                                  | 350mg              | 15%* |
| Magnesium                                               | 20mg               | 5%*  |
| R3 Carbohydrate Blend<br>Poly, Mono, and Trisaccharides | 25g                | **   |
| L-Glutamine                                             | 4.5g               | **   |
| L-Leucine                                               | 2.5g               | **   |
| Magnesium Glycyl Glutamate                              | 500mg              | **   |
| Alpha-Lipoic Acid                                       | 100mg              | **   |

\*Percent Daily Values (DV) are Based on a 2,000 calorie diet.  
\*\* Daily Value (DV) not established.

Other Ingredients: Maltodextrin, Citric Acid, Erythritol, Natural & Artificial Flavors, Sucralose, Silicon Dioxide

ALLERGEN WARNING: MANUFACTURED ON SHARED EQUIPMENT THAT ALSO  
PROCESSES EGG, WHEAT, & SOY (LECITHIN).

MANUFACTURED EXCLUSIVELY FOR  
BLACKSTONE  
LABS



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Questions? Call us at:  
1-877-454-6861