

**SUGGESTED USE:**

Take one serving (6 capsules) of C4 Ultimate® Shred with food in the morning or early afternoon. Some individuals may experience a harmless tingling sensation, which is attributable to Beta-Alanine. DO NOT TAKE WITHIN 6 HOURS OF BEDTIME. DO NOT EXCEED 6 CAPSULES PER DAY. USE ONLY AS DIRECTED.

WARNING:

THIS PRODUCT IS ONLY INTENDED FOR HEALTHY ADULTS, 18 YEARS OF AGE OR OLDER. Do not use if pregnant or nursing. Before taking this product, consult a licensed, qualified, health care professional, especially if you are taking any other dietary supplement, prescription drug, or over-the-counter medication; or if you suspect you have or have been treated for, diagnosed with or have a family history of, any medical condition, including but not limited to: high or low blood pressure, diabetes, anxiety, cardiovascular, psychiatric or seizure disorders, cardiac arrhythmia, stroke, heart, liver, kidney, or thyroid disease, or difficulty urinating due to prostate enlargement. This product contains caffeine and should not be used in combination with caffeine or stimulants from other sources, including but not limited to, coffee, tea, soda, or other dietary supplements and medications. Do not use this product continuously for more than 8 weeks. Discontinue use 2 weeks prior to surgery. Immediately discontinue use and contact a medical doctor if you experience any adverse reaction to this product. Do not use if the safety seal is broken or missing. Store in a cool, dry place. KEEP OUT OF REACH OF CHILDREN.

Made in the U.S.A. using strategically sourced domestic and imported ingredients and components.

*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.



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C4

ULTIMATE®

SHRED

**EXPLOSIVE
ENERGY
AND HARDCORE
THERMOGENIC***

**C4® SMART
ENERGY
MATRIX®**

DIETARY SUPPLEMENT

120
CAPSULES

SUPPLEMENT FACTS

Serving Size: 6 Capsules
Servings Per Container: 20

	Amount Per Serving	% DV
CarnoSyn® Beta-Alanine	3.2 g	†
Caffeine (C4® Smart Energy Matrix (as Caffeine Anhydrous, ZimXR® Extended Release Caffeine Microspheres, ZimXR® Delayed Release Caffeine Microspheres))	350 mg	†
Alpha-GPC 50% (L-Alpha-Glycerylphosphorylcholine)	200 mg	†
Ginger (Zingiber officinale) root extract (standardized for Gingerols)	180 mg	†
Capsimax® Cayenne (Capsicum annuum) fruit extract	50 mg	†
Oligonol® Lychee fruit and Green Tea extracts	50 mg	†
BioPerine® Black Pepper (Piper nigrum) fruit extract	5 mg	†
Rauwolfia vomitoria root bark extract	1 mg	†
Huperzine A (from Toothed Clubmoss (Huperzia serrata) aerial parts extract)	100 mcg	†

† Daily Value (DV) not established.

Other Ingredients: Capsule Shell (Bovine Gelatin, Titanium Dioxide, FD&C Green #3, FD&C Red #40, FD&C Yellow #6, FD&C Red #3, FD&C Blue #1), Magnesium Stearate, Silicon Dioxide, Rice Flour.

CONTAINS: Tree Nuts (Lychee Nut)

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Capsimax® is a registered trademark of OmniActive Health Technologies LTD.



Oligonol® is a registered trademark of Amino Up Chemical Co., Ltd.



BioPerine® is a registered trademark of Sabinsa Corporation.

ZimXR® is a trademark of Nano Pharmaceuticals Laboratories, LLC.



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3891 S. Traditions Dr., Bryan, TX 77807
1.866.927.9686 - www.cellucor.com