

## 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.

**Directions for Use:** As a dietary supplement, mix 1 level scoop of Signature Pre Workout in 8oz. of water. Drink 30 minutes before workout.

**Warnings:** Some individuals may experience a harmless tingling sensation, which is attributed to Beta-Alanine. Consult your physician before using this product if you're taking any medications or are under a physician's care for a medical condition. Not for use for those under the age of 18 or women that are pregnant, trying to get pregnant or nursing. Do not consume caffeine from other sources while taking this product as too much caffeine may cause nervousness, irritability, sleeplessness, and occasionally rapid heartbeat. Do not combine with alcohol. Consume as part of a healthy diet and exercise program, and drink at least 6-8 glasses of water per day. Exercising may increase the need for extra fluids. This product contains 200mg of caffeine per serving. This product is not intended/recommended for children and those sensitive to caffeine. Do not exceed recommended dose.

# 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\*

BLUE RASPBERRY

DIETARY SUPPLEMENT | 30 SERVINGS

NATURALLY AND ARTIFICIALLY FLAVORED  
GLUTEN AND SOY FREE

Net Wt. 14.29oz (405g)

## Supplement Facts

Serving Size: 1 scoop (13.5g)  
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Potassium (as potassium chloride)	100mg	3%
Calcium (as calcium chloride)	25mg	3%
Magnesium (as magnesium oxide)	50mg	13%
Chloride (as Potassium, Sodium and Calcium Chloride)	145mg	4%
L-Citrulline	5g	†
L-Leucine	3g	†
CarnoSyn® Beta-Alanine	1.5g	†
Taurine	1g	†
Caffeine Anhydrous	200mg	†

† Daily Value not established

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.



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

**CarnoSyn**  
Carnosine Synthesizer

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