



PRE

PRE-WORKOUT MULTINUTRIENT DIETARY SUPPLEMENT

SUPPORTS ENERGY LEVELS*

ENHANCES MENTAL FOCUS*

PROMOTES A HEALTHY
METABOLISM*

**STRAWBERRY
LEMONADE**
NATURAL FLAVORS

FIT

14 STICK PACKS - 0.25 OZ(7g) NET WT 3.5 OZ (98g)

OWL 080917



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Use PRE to fuel your workouts by keeping
you energized and focused*

Supplement Facts

Serving Size: 1 stick pack (0.25 oz/7g) [makes 8 fl oz prepared]
Servings per Container: 14

	Amt Per Serving	%DV
Calories	20	
Calories from Fat	0	
Total Carbohydrate	5g	2%*
Sugars	3g	†
Vitamin C (as ascorbic acid)	100mg	165%
Vitamin B ₆ (as pyridoxine)	2mg	100%
Folic Acid	400mcg	100%
Vitamin B ₁₂ (as cyanocobalamin)	30mcg	500%
Chromium (as chromium citrate)	500mcg	415%
Amino Acid Blend	700mg	†
L-Tyrosine, L-Aspartic Acid, L-Citrulline, Glycine Propionyl L-Carnitine HCl		
Green Tea Extract (leaf - <i>Camellia sinensis</i>)	100mg	†
Caffeine (from Green Tea)	110mg	†
Coenzyme Q10	30mg	†
Cayenne (fruit - <i>Capsicum annuum</i> L.)	25mg	†
Capsicum Extract‡		

*Percent Daily Values (DV) are based on a 2,000- calorie diet.
† Daily Value no established.

OTHER INGREDIENTS: SUGAR, NATURAL FLAVORS, CITRIC ACID, GUM ARABIC, SILICON DIOXIDE, BEET ROOT POWDER (FOR COLOR), REBAUDIOSIDE A (STEVIA EXTRACT).

‡CONTAINS: CAPSICUM EXTRACT - (FROM CAPSIMAX®) IS A REGISTERED TRADEMARK OF OMNIACTIVE HEALTH TECHNOLOGIES LTD.

Capsimax®
CAPSICUM EXTRACT

CAUTION: NOT INTENDED FOR USE BY CHILDREN OR PREGNANT OR NURSING WOMEN OR BY PERSONS WHO ARE SENSITIVE TO CAFFEINE.

Directions For Use: Blend, shake, or briskly stir contents of one stick pack into 8 fluid ounces of water. Consume 30-45 minutes prior to exercise.

KEEP OUT OF REACH OF CHILDREN.

Store product away from excessive heat, light and humidity.



RECYCLABLE MATERIAL

Formulated/manufactured exclusively
for AdvoCare® International L.P. Plano, TX 75074 • 800-542-4800
For more information visit www.advocare.com.

*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION.
THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.