

SUPPLEMENT FACTS

Serving Size: 1 level scoop (6 g) Servings Per Container: 40

AMOUNT PER SERVING	1 scoop (6 g)	% DV†	2 scoops (12 g)	% DV†
Calories	15		30	
Total Carbohydrate	4 g	1%	8 g	3%
Sugars	2 g	**	5 g	**
Calcium (as calcium citrate)	5 mg	<1%	10 mg	1%
Magnesium (as magnesium citrate)	20 mg	5%	40 mg	10%
Sodium (as sodium citrate and sodium chloride)	115 mg	5%	230 mg	10%
Potassium (as potassium citrate)	40 mg	1%	80 mg	2%
PERFORMANCE BLEND				
Beta-alanine	800 mg	**	1600 mg	**
Quercetin	500 mg	**	1000 mg	**
Caffeine (from green tea and coffee bean extract)	100 mg	**	200 mg	**

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

OTHER INGREDIENTS: Organic cane sugar, Citric acid, Stevia leaf extract, Green tea leaf extract, Natural lemon flavor (with other natural flavors), Silica.

DISTRIBUTED BY: Beachbody, LLC, Santa Monica, CA 90404 • 1 (800) 818-5174

ALLERGEN STATEMENT: This product is manufactured in a plant that also processes milk, soy, egg, fish, crustacean shellfish, tree nuts, peanuts, and wheat ingredients.

DIRECTIONS: Gently shake the container to loosen compressed powder. Mix 1 level scoop with 8 oz of water until dissolved according to the RECOMMENDED USE below. Drink within 30 minutes before exercise. If sensitive to caffeine or other stimulants, start with 1 scoop. Do not exceed 2 scoops at one time, not more than twice daily, and at least 4 hours apart.

RECOMMENDED USE:	Body weight	<160 lbs.	≥160 lbs.
	Serving(s)	1 scoop	2 scoops
	Water	8 oz	16 oz

WARNING: This product is intended for use by healthy adults over 18 years of age. Do not consume this product if you are pregnant, breastfeeding, or if you are sensitive to Caffeine or Beta-alanine. Consult a healthcare professional prior to use if you have any medical condition or are taking any medication. Some people may also feel a mild tingling from Beta-alanine. Limit use of other caffeine-containing products while taking this product, as too much caffeine may cause nervousness, irritability, sleeplessness, and occasionally, rapid heartbeat. Keep out of reach of children.

STORE IN A COOL, DRY PLACE.



BEACHBODY
PERFORMANCE™

ENERGIZE

PRE-WORKOUT



LEMON Flavored

FORMULATED WITH KEY INGREDIENTS
SCIENTIFICALLY SHOWN TO:*

- » Improve intense exercise performance
- » Increase energy and endurance
- » Sharpen focus and reaction time

BEACHBODY PERFORMANCE™ SUPPLEMENTS

Designed by leading authorities in cutting-edge exercise physiology and performance nutrition research, Beachbody Performance uses scientifically backed ergogenic ingredients and phytonutrients to help maximize exercise performance and recovery without any artificial colors, flavors, sweeteners, or preservatives.*

Energize is formulated with key ingredients scientifically shown to improve exercise performance, sharpen focus, and delay muscle fatigue. Key ingredients include beta-alanine to help increase muscle carnosine levels to buffer muscle acid buildup, increase muscle power output, and delay muscle fatigue. Plus, a low dose of natural caffeine from green tea to help enhance energy and sharpen focus and reaction time, and the powerful phytonutrient quercetin to help improve and sustain exercise performance.*

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



SUBB31105

DIETARY SUPPLEMENT

NET WT 8.5 OZ (240 g)