

LEGENDARY PRE-WORKOUT COMPLEX

With enhanced, clinical dosing, this ultra-premium energy formula supports next-level performance, focus, energy, mood, and endurance.* This is the first ever pre-workout supplement in collaboration with The ICEE® Company.

4000MG
L-CITRULLINE

300MG
CAFFEINE

250MG
DYNAMINE™

50MG
ASTRAGIN®

DIRECTIONS: As a dietary supplement, mix 1-2 scoops of Sparta Nutrition Pre-Workout with 8-10oz of water. Do not exceed more than 2 scoops per day. Start with less than 1 scoop to assess tolerance.

WARNING: Product contains 300mg of caffeine per serving. Do not consume more than one serving per day. Do not use if sensitive to caffeine. Limit the use of caffeine-containing medications, foods, or beverages while taking this product because too much caffeine may cause nervousness, irritability, sleeplessness, and occasionally rapid heartbeat. Beta-alanine may cause a harmless, temporary tingling sensation. Consult a physician before use if you are pregnant, nursing, have a medical condition (including but not limited to, hypertension or thyroid conditions), or taking any medication. Not recommended for use by children under 18 years of age. **KEEP OUT OF REACH OF CHILDREN.** Store in a cool, dry place. Contents sold by weight not volume. This product contains ingredients of international and domestic origin.

SPARTA NUTRITION SUPPORTS YOUR LIFESTYLE



EXERCISE



WORK



STUDY



FUN

SPARTA NUTRITION PRE-WORKOUT

FOCUS* • STRENGTH* • PUMP* • ENDURANCE*

Energy Formula



CHERRY ICEE®

Natural & Artificial Flavors

DIETARY SUPPLEMENT • NET WT. 264 G (9.3 OZ)

Scratch
& SNIFF

SUPPLEMENT FACTS

Serving Size: 2 Scoops (13.2g)
Servings Per Container: 20

	Amount Per Serving	%DV**
Vitamin B3 (as niacin)	20 mg	125%
Vitamin B6 (as pyridoxine hydrochloride)	10 mg	589%
Vitamin B12 (as methylcobalamin)	40 mcg	1667%
SPARTA® PRE-WORKOUT COMPLEX		
L-Citrulline	4000 mg	**
Beta Alanine	3200 mg	**
L-Tyrosine	2000 mg	**
Caffeine Anhydrous	250 mg	**
Methyliberine (as Dynamine™ 40%)	250 mg	**
Citicoline Sodium (CDP Choline)	125 mg	**
Coffee Fruit Extract (Coffea arabica) (Whole Fruit of Coffea arabica)(Neurofactor™)	100 mg	**
Caffeine Citrate	50 mg	**
AstraGin® (Astragalus membranaceus and Panax notoginseng)(root)	50 mg	**
Rhodiola Rosea Extract (Standardized to 3% rosavins & 1% salidroside)	50 mg	**
Theobromine Cocoa 20% Extract	25 mg	**
Cocoa Seed Extract (Theobroma cacao)	25 mg	**
Black Pepper Extract (Piper nigrum)(fruit) (Bioperine®)	10 mg	**
Evodiamine	2 mg	**

* Percent Daily Values are based on a 2,000 calorie diet.

** Daily Value (DV) Not Established.

Other Ingredients: Citric Acid, Natural & Artificial Flavors, Silicon Dioxide, Malic Acid, Sucralose, Red #40.

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AstraGin

BIOPERINE®

NEUROFACTOR

DYNAMINE



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