SUGGESTED USE: Mix one (1) scoop in 8-16 oz. of water (adjust water to personal taste preference), then shake or stir well & consume prior to physical exercise. For best results, use two (2) scoops per day. Do not consume within 4 hours prior to sleep/ bedtime. Avoid consuming in conjunction with other caffeinated products.

WARNING: For use as a dietary supplement only by healthy adults of the age of 18 and over. Do not consume if you have a pre-existing medical condition, or you are taking any prescription medication. Please consult a physician prior to use. Do not use if safety seal is broken. Use only as suggested and do not exceed recommended

ALLERGEN WARNING: Produced in a facility with equipment that potentially processes dairy, soy, wheat, peanuts, shellfish, almonds, or other tree nuts, or corn.

KEEP OUT OF THE REACH OF CHILDREN.

†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.

MGG is a patented ingredient of Albion® Laboratories, U.S. Patent # 5.888,553 Albion™ and TRAACS® are registered trademarks of Balchem Corporation. goBHB™ is a registered trademark of Compound Solutions. Inc.



Store in a cool, dry place (60° F to 80°F)





## SUPPLEMENT FACTS Serving Size: 1 Scoop (11.6g)

Calcium (as Calcium Beta-Hydroxybutyrate & TRAACS® Calcium Bisglycinate Chelate

Servings Per Container: 20

Calories

Total Carbohydrate

Niacin (as TRAACS® Chromium Nicotinate Glycinate Chelate)	3.4mg	21%
Magnesium (as Magnesium Beta- Hydroxybutyrate & TRAACS® Magnesium Biglycinate Chelate)	295mg	70%
Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)	200mcg	571%
Sodium (as Sodium Beta-Hydroxybutyrate)	440mg	19%
Potassium (as Albion® Potassium Glycinate Complex)	35mg	<1%
Calcium Beta-Hydroxybutyrate (as goBHB™)	2.4g	**
Sodium Beta-Hydroxybutyrate (as goBHB™)	2.4g	**
Magnesium Beta-Hydroxybutyrate (as goBHB™)	2.4g	**
TRAACS® Magnesium Biglycinate Chelate	500mg	**
TRAACS® Calcium Bisglycinate Chelate	300mg	**

Percent Daily Values Based on a 2,000 Calorie Diet \*DAILY VALUE (DV) NOT ESTABLISHED

Other Ingredients: Citric Acid, Natural Flavor, Malic Acid, Stevia rebaudiana



Caffeine (from Robusta Coffee Beans)

Alpha-Glycerylphosphorylcholine (Alpha-GPC)

TRAACS® Chromium Nicotinate Glycinate Chelate

Leaf Extract, Manitol, Vegetable Juice Color (Beet Root)

Amount Per Serving

<1a

430ma

%DV



L-Tyrosine

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300ma

100ma

50ma