

*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.

Store in a cool, dry place. Container is filled by weight not volume. Settling may occur. Included measuring scoop may settle to the bottom during shipping.



DIRECTIONS and USE: Mix 1 level scoop of Gnarly Pre into 10-12 oz of water, stir or shake vigorously, 30 mins before workout. Settling may occur.

PER 1 SCOOP	4g	5g	2.5g	0mg
	BCAAS	CITRULLINE MALATE	BETA ALANINE	CAFFEINE
PER 2 SCOOPS	8g	10g	5g	0mg



GNARLY

CLEAN SPORTS NUTRITION

PRE WORKOUT

DIETARY SUPPLEMENT

INCREASED ENERGY, POWER & PERFORMANCE*

STRAWBERRY LEMONADE NET WT 420g (14.82oz)

NO ARTIFICIAL COLORS, FLAVORS OR SWEETENERS
NO GMOS | NO GLUTEN | NO SOY | VEGAN



CAFFEINE FREE

Supplement Facts

Serving size 1 level scoop (14g)
Servings per container about 30

Amount Per Serving	% Daily Value**
Calories 10	
Total Carbohydrate 1g	<1%
Citrulline Malate 5g	†
Vegan BCAA Blend 4g	†
L-Leucine 2g	†
L-Isoleucine 1g	†
L-Valine 1g	†
*Beta-alanine (as CarnoSyn® and SR CarnoSyn®) 2.5g	†
Asian Ginseng root powder 150mg	†

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

Other Ingredients: Natural Flavors, Stevia (Leaf) Extract, Silicon Dioxide (anti-caking), Beet Root (color), Calcium Silicate (anti-caking), Citric Acid

*Total Active Beta-alanine

CarnoSyn® Carnosine Synthesizer
SR CarnoSyn®

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

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Manufactured for
GNARLY NUTRITION 537 W 600 S, Suite 800
SLC, UT 841010