

# TRUE ATHLETE®

**NATURAL\* ENERGIZED TRAINING FORMULA 2.0**

fruit punch



**3 g** micronized  
creatine

sucralose  
free

**NO artificial colors,  
flavors or sweeteners**



dietary supplement

NET WT 8.46 oz. (240 g)

## Supplement Facts

Serving Size: 1 Scoop (8 g)  
Servings Per Container 30

|                                                            | Amount<br>Per Serving | % Daily<br>Value |
|------------------------------------------------------------|-----------------------|------------------|
| Calories                                                   | 10                    |                  |
| Total Carbohydrate                                         | 2 g                   | 1%†              |
| Calcium                                                    | 30 mg                 | 2%               |
| Micronized Creatine Monohydrate                            | 3000 mg               | *                |
| Beta-Alanine (as CarnoSyn®)                                | 1600 mg               | *                |
| Beet Root Extract ( <i>Beta vulgaris rubra</i> ) (root)    | 500 mg                | *                |
| Caffeine ( <i>Coffea robusta</i> )<br>(green coffee beans) | 150 mg                | *                |

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

**Other Ingredients:** Natural flavors, citric acid, malic acid, stevia leaf extract, silicon dioxide, calcium silicate, monk fruit.

**Does not contain:** Gluten, Sugar, Salt, Artificial Colors, Flavors or Sweeteners.

**DIRECTIONS:** Mix one (1) scoop (8 g) with 8-10 oz. of water prior to training.

**WARNING:** Consult your healthcare provider prior to use if you are pregnant, nursing, taking any medication or have any medical conditions. Do not use if sensitive to caffeine. Not recommended for use by children under 18 years of age or women who are pregnant or nursing.

▲ 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.

▲ \*High-performance pre-workout created for athletes and fitness enthusiasts who demand nutrition with no artificial colors, flavors or sweeteners.

▲ CarnoSyn® beta-alanine supplementation may support muscle carnosine.

Products that are designated “NSF Certified for Sport®” are rigorously tested to help ensure that they contain no banned substances, unlisted ingredients, or harmful impurities.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT

Do not use if outer seal is broken or missing.

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**CarnoSyn®**  
Carnosine Synthesizer

Item No.  
VS-3767  
2189298

