

THE NATURAL PRE WORKOUT

Want to jump start your body into Ketosis? The benefits of ketosis are clear: weight loss*, boosted endurance, heightened athletic performance, mental clarity, improved cognitive function, and others. Custom-formulated for men and women on a low-carb or ketogenic diet, **Sheer KETO Pre Workout** is the smart alternative to traditional pre workouts and energy drinks

Sheer KETO Pre Workout is designed to help get you into ketosis. This natural metabolic state allows you to burn fat for energy and power through your workouts with ease. Sheer KETO Pre Workout can be a powerful ally for anyone looking to make the day-to-day low-carb dieting process easier. You can finally start enjoying real, lasting results from your workouts.

DIRECTED USE ON TRAINING DAYS:

Taking one rounded scoop (11.9g) with 8oz. of water (adjust water to desired taste) 20-30 minutes before training. During your workout, it is recommended that you drink plenty of water. **DO NOT EXCEED RECOMMENDED DAILY INTAKE. USE ONLY AS DIRECTED.**

CAUTION:

Do not exceed the recommended dosage. Pregnant or nursing mothers, children under the age of 18, and individuals with known medical conditions should consult a physician before using this or any dietary supplement.

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL DRY PLACE.



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**SHEER
STRENGTH
LABS**



WATERMELON CHILL
20 SERVINGS

KETO SERIES

KETO PRE-WORKOUT

KETOGENIC PRE-WORKOUT

- ▶ INCREASE STRENGTH AND PERFORMANCE*
- ▶ NATURAL ENERGY BOOST*
- ▶ UTILIZE FAT FOR FUEL*

DIETARY SUPPLEMENT
NET WT. 8.36oz (237g)

Supplement Facts

Serving Size: 1 Scoop (11.9g)

Servings Per Container: 20

	Amount Per Serving	% DV
Calcium (as goBHB® β -Hydroxybutyrate)	150 mg	15%
Magnesium (as goBHB® β -Hydroxybutyrate)	42.5mg	11%
Sodium (as goBHB® β -Hydroxybutyrate)	425mg	18%
L-Citrulline	4g	**
Keto Blend Performance Complex:	4g	**
Calcium β -Hydroxybutyrate (goBHB®)		
Magnesium β -Hydroxybutyrate (goBHB®)		
Sodium β -Hydroxybutyrate (goBHB®)		
Beta Alanine	1.6g	**
Caffeine Anhydrous	150mg	**
Huperzia serrata (Standardized to 1% Huperzine-A)	5mg	**

**Daily Value Not Established

OTHER INGREDIENTS: Malic Acid, Organic Stevia Leaf Extract, Natural Flavors, Silica, Citric Acid, Beet Root Powder, Monk Fruit Extract.

MANUFACTURED EXCLUSIVELY FOR: **SHEER STRENGTH LABS**
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* 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.

