

SUPERIOR CARBOHYDRATE BLEND FOR
RAPID GLYCOGEN LOADING †

GLUTAMINE FOR RECOVERY & CELL VOLUMIZING †

LEUCINE FOR INCREASED ANABOLIC EFFECT †

ALPHA LIPOIC ACID FOR RAPID CARBOHYDRATE TRANSPORT †

ELECTROLYTES FOR HYDRATION & RECOVERY †

DIRECTIONS



FOR MEN:
As a dietary
supplement,
mix 2 scoops
in 8-10oz of
water and
take post
workout on
training days.



FOR WOMEN:
As a dietary
supplement, mix 1
scoop in 8-10oz of
water and take
post workout on
training days.

Can alternatively be
taken pre-workout
for added energy.

WARNING

KEEP OUT OF REACH OF CHILDREN. This product should not be taken by individuals under 18 years of age. Consult a licensed health professional before taking this product. This product is not intended as a sole source of nutrition and should be consumed in conjunction with an appropriate physical training or exercise program. You should not take this product if you have any current or pre-existing medical conditions, or if you are pregnant or nursing. Do not take this product with alcohol, or if you are currently taking any prescription or over-the-counter medications. Do not exceed recommended serving, as it could result in serious adverse health effects. If you experience an unusually rapid heartbeat, dizziness, severe headache, or shortness of breath, discontinue use immediately and consult your doctor. Store in a cool, dry place.

† 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.

BLACKSTONE™
LABS

FORMULA 19

R³ CARBOHYDRATE

RECOVER. RECREATE. REAFFRIVATE †

30 SERVINGS
DIETARY SUPPLEMENT

BLACK CURRANT
NATURALLY & ARTIFICIALLY FLAVORED

NET WT
2.07 kg (4.56 lbs)

Supplement Facts

Serving Size: 1 Scoop (88.85 Grams)
Servings Per Container: 30

	Amount Per Serving	DV*
Calories	200	
Total Carbohydrate	50g	9%*
Sodium	700mg	39%*
Magnesium	40mg	10%*
R3 Carbohydrate Blend Poly, Mono, and Trisaccharides	50g	**
L-Glutamine	9g	**
L-Leucine	5g	**
Magnesium Glycyl Glutamine(MgGG)	1g	**

*Percent Daily Values (DV) are based on a 2,000 calorie diet

** Daily Value (DV) not established

Other Ingredients: Citric Acid, Sodium Chloride, Natural and Artificial Flavors, Maltodextrin, Sucralose, Silica

MANUFACTURED EXCLUSIVELY FOR
BLACKSTONE™
LABS

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Questions? Call us at:
1-877-454-6861

