## **TRUE** ATHLETE

## PURE PRE

**VegiSurge®** natural caffeine **⊿elevATP®** to support metabolic energy

NO synthetic colors or artificial flavors



dietary supplement

NET WT 11.96 oz. (339 g)

## **Supplement Facts**

Serving Size: 1 Scoop (11.3 g) Servings Per Container About 30

		Amount Per Serving	% Daily Value
	Calories	5	
Ī	Total Carbohydrate	1 g	<19
	Vitamin C (as ascorbic acid)	60 mg	65%
	Vitamin B6 (as pyridoxine HCI)	10 mg	588%
	Vitamin B12 (as cyanocobalamin)	500 mcg	20830%
	Magnesium (as magnesium oxide)	50 mg	10%
	Sodium (as sodium chloride)	115 mg	5%
	Potassium (as potassium citrate)	60 mg	19
	Micronized Creatine Monohydrate	3000 mg	*
	L-Citrulline	2000 mg	*
	Beta-Alanine (as CarnoSyn®)	1600 mg	*
Ī	Betaine Anhydrous	1500 mg	*
	VegiSurge® Natural Caffeine	200 mg	*
Ī	(Coffea robusta) (from green coffee bean extract)		
	elevATP®	150 mg	*
4	(ancient peat extract and apple extr	act)	

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

Other Ingredients: Citric acid, malic acid, natural flavors, beet root powder (for color), silicon dioxide, xanthan gum, stevia leaf extract, sucralose, vegetable juice powder (for color).

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

**DIRECTIONS:** Mix one (1) scoop (11.3 g) with 8-10 oz. of water, 20 minutes before exercise.

**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.
- Pure Pre is the pre-workout powered by caffeine from natural sources.
- ▲ It was crafted to support your sports performance, strength, endurance, and metabolic energy (ATP), in conjunction with exercise.

## Sweetened with sucralose

NSF Certified for Sport® products have been rigorously tested for more than 270 banned substances and potentially harmful contaminants.

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

TAMPER EVIDENT Do not use if outer seal is broken or missing.

Natural Alternatives International (NAI) is the owner of patents as listed on www.carnosyn.com and registered trademark CarnoSyn®. elevATP® is a registered trademark of VDF FutureCeuticals, Inc., used under license

VegiSurge<sup>®</sup> is a registered trademark of Anderson Global Group.

Distributed by: The Vitamin Shoppe Secaucus, NJ 07094 Visit www.vitaminshoppe.com or call 1-866-293-3367.

Item No. VS-4310 2189314



Settling occurs minimum fill