

MORE THAN A BRAND, IT'S A MOVEMENT

Block and Defend from muscle breakdown and fatigue with BARRICADE! As you push yourself to your limits this product will ensure that your muscles are being protected through the most strenuous workouts. With this formula of Essential Amino Acids and Branch Chain Amino Acid combination it will help you recover and refuel. Throwing in the key ingredient CocOrganic™ to help hydrate your muscles during the most intense workouts. Your muscles will be feeling round, full and hydrated. There is nothing that will break you down!*

Suggested Use: As a dietary supplement, Mix 1 scoop with 8-10 oz. of cold water. Consume 15 to 20 min before exercising.

Warning: Consult with a physician prior to use if you have a medical condition. Do not use if pregnant. Keep out of reach of children. Keep tightly closed in a cool, dry and dark place.

ESSENTIAL AMINOS



CocOrganic
ORGANIC COCONUT WATER POWDER

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or mitigate any disease.



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RISING LABS BARRICADE

SKY BERRY

30 SERVINGS
Dietary Supplement
Net Wt. 8.96oz (254g)

BARRICADE EAA

Supplement Facts

Serving Size: 1 scoop approximate (9g/0.32oz)
Servings per Container: 30

	Amount per Serving	%DV
Calories	20	
Calcium (from Mineral Complex (AquaMin™))	10mg	2%
Magnesium (from Mineral Complex (AquaMin™), Coconut Water Freeze Dried (Organic) (CocOrganic™))	1mg	1%
Potassium (from Coconut Water Freeze Dried (Organic) (CocOrganic™))	4mg	0%
Branch Chain Amino Acids Vegetarian (L-Leucine, L-Isoleucine, L-Valine) (InstAminos™)	4,000mg	**
L-Taurine	1,000mg	**
Mineral Complex (AquaMin™)	250mg	**
L-Methionine	250mg	**
L-Lysine HCl	250mg	**
Coconut Water Freeze Dried (Organic) (CocOrganic™)	200mg	**
L-Histidine HCl	100mg	**
L-Phenylalanine	100mg	**
L-Threonine	100mg	**
L-Tryptophan	50mg	**

*Percent Daily Value based on a 2,000 calorie diet.

**Daily Value (DV) not established.

Other Ingredients: Natural Flavors, Citric Acid, Natural Green Color, Sucralose

Contains: Tree Nuts (Coconut).

Distributed by: Rising Labs 4630 Easton Dr. #3, Bakersfield, CA 93309