

10mm High Distortion Area  
Recommended Copy Free

Dymatize

Dymatize

NEVER WASTE A WORKOUT™

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CHOICE

Informed Choice is a quality assurance program that certifies that all nutritional supplements and/or ingredients have been regularly tested for banned substances by the world class sports anti-doping lab, LGC.

## NEVER WASTE A WORKOUT™

ENERGY • STRENGTH† • PUMP† • INTENSITY††

Experience the future of intense training with the pre-workout formula that will turn your workouts into extraordinary experiences. Unleash super-intense workouts and explosive training sessions while enjoying an unmatched flavor experience. Amplify the intensity of your workouts with Citrulline Malate, Nitrosigine®, TeaCrine®, Beta-Alanine and caffeine.† **Never sacrifice taste. Never waste a workout.**

† Claims are based on 21g serving size. See Supplement Facts panel for details.

**DIRECTIONS:** SHAKE CONTAINER BEFORE EACH USE.  
Consume 15-30 minutes prior to workouts.

**Beginner:** Add 1 scoop (1/2 svq) of powder to 12 fl. oz. (360 mL) of water. Shake until dissolved.

**Advanced:** Add 2 scoops (1 svq) of powder to 12 fl. oz. (360 mL) of water. Shake until dissolved. This product is formulated with ingredients that absorb moisture and can lead to clumping of the powder. This is normal and clumped product is okay to consume.

**WARNING:** THIS PRODUCT IS ONLY INTENDED TO BE CONSUMED BY HEALTHY ADULTS, 18 YEARS OF AGE OR OLDER. Do not use this product if you are pregnant or nursing. Before using this product, consult a health care professional if you are taking any dietary supplement, prescription drug or over-the-counter medication; or if you have any medical condition. This product contains caffeine and should not be used with other caffeine or stimulants from other sources. Immediately discontinue use and contact a medical doctor if you experience any adverse reaction to

this product. Do not exceed recommendations for suggested use. Use only as directed. Do not use if safety seal is broken or missing.

**KEEP OUT OF REACH OF CHILDREN.**

**STORAGE CONDITIONS:**

STORE IN A COOL, DRY PLACE.

**PRODUCED IN THE USA WITH**

**INTERNATIONAL INGREDIENTS.**

† 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.

DYMATIZE.COM (888) 334-5326



Dymatize®

NET WT 14.82 OZ (420 g)

SOLD BY WEIGHT NOT VOLUME

CITRULLINE  
MALATE  
8g†

BETA-ALANINE:  
CARNOSYN®  
3.2g†

TEACRINE®  
125 mg†

† These claims are based on a 21g serving size. See Supplement Facts panel for details.

PERFECTLY ENGINEERED

PREWO®

ENERGY • STRENGTH† • PUMP† • INTENSITY††

PRE-WORKOUT FORMULA  
DIETARY SUPPLEMENT

BANNED SUBSTANCE TESTED  
GLUTEN FREE / NO DYES

HANDSPUN COTTON CANDY  
naturally and artificially flavored



## Supplement Facts

Serving size 2 Scoops (21g)  
Servings per container About 20

|                                                      | Per svq (21g)                    | % DV* | Per 1/2 svq                      | %DV* |
|------------------------------------------------------|----------------------------------|-------|----------------------------------|------|
| Calories                                             | 45                               |       | 25                               |      |
| Total Carbohydrate                                   | 1 g                              | <1%*  | <1 g                             | <1%* |
| Vitamin C (as Ascorbic Acid)                         | 250 mg                           | 278%  | 125 mg                           | 139% |
| Niacin (as Niacinamide)                              | 30 mg                            | 188%  | 15 mg                            | 94%  |
| Folate (as Folic Acid)                               | 435 mcg DFE (260 mcg folic acid) | 109%  | 220 mcg DFE (130 mcg folic acid) | 55%  |
| Vitamin B12 (as Methylcobalamin)                     | 30 mcg                           | 1250% | 15 mcg                           | 625% |
| Calcium                                              | 40 mg                            | 3%    |                                  |      |
| Potassium                                            | 120 mg                           | 3%    |                                  |      |
| Citrulline Malate                                    | 8 g                              | **    | 4 g                              | **   |
| Beta-Alanine (CarnoSyn®)                             | 3.2 g                            | **    | 1.6 g                            | **   |
| L-Taurine                                            | 2 g                              | **    | 1 g                              | **   |
| Betaine (BetaPower®)                                 | 1.5 g                            | **    | 0.75 g                           | **   |
| Inositol-Stabilized Arginine Silicate (Nitrosigine®) | 1.5 g                            | **    | 0.75 g                           | **   |
| N-Acetyl-L-Tyrosine                                  | 350 mg                           | **    | 175 mg                           | **   |
| Caffeine (as Anhydrous)                              | 300 mg                           | **    | 150 mg                           | **   |
| Coconut Water Fruit Powder                           | 200 mg                           | **    | 100 mg                           | **   |
| Theacrine (TeaCrine®)                                | 125 mg                           | **    | 62.5 mg                          | **   |

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

\*\*Daily Value not established.

OTHER INGREDIENTS: POTASSIUM CITRATE, LESS THAN 2% OF: SILICON DIOXIDE, SUCRALOSE, NATURAL AND ARTIFICIAL FLAVOR, GUM BLEND (XANTHAN GUM, GUM ARABIC), CALCIUM SILICATE, ACESULFAME POTASSIUM, POLYDEXTROSE, FULLY HYDROGENATED SOY OIL.

**CONTAINS: TREE NUTS (COCONUT)**

MANUFACTURED FOR AND DISTRIBUTED BY: DYMATIZE ENTERPRISES, LLC, DALLAS, TX 75207 USA

**CarnoSyn**  
L-carnosine

Natural Alternatives International (NAI) is the owner of patents as listed on [www.carnosyn.com](http://www.carnosyn.com) and registered trademark CarnoSyn®.

**TEACRINE®**

TeaCrine® is a registered trademark and protected by Patents Pending, Serial No. 611463-362, under exclusive global distribution by Compound Solutions, Inc.

**Nitrosigine®**

This product is covered by, made under or for use under one or more US patents.

**BetaPower®**

BetaPower® is a registered trademark of Dymatize or its affiliates.

For complete patent and trademark information visit: [Dymatize.com/prewo](http://Dymatize.com/prewo)

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REV003

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