### 

# Your workout crusher.

Pre-Workout



**Berry Melon Fizz** Naturally Flavored Net Wt. 0.42 oz (11.9 g) DIETARY SUPPLEMENT

## Supercharge your performance.

Caffeine Level: 175 mg

- H Clean energy and focus\*
- + Performance support\*
- Fast-acting effervescent system\*
- + Joint mobility and comfort\*
- + Natural caffeine
- + Gluten-free, allergen-free, soy-free, and non-GMO
- No artificial flavors, colors, or sweeteners

Amount Par Serving % D

POW® enhances your mind and muscles.\* Work out hard and recover smoothly with clinically tested ingredients in doses that deliver.\*

#### DIRECTIONS:

5 to 10 minutes before your workout, empty one packet into a glass or bottle. Add 6-8 fluid ounces of cold water and allow mixture to fizz. Mix gently to avoid excess foaming. DO NOT SHAKE Do not exceed 2 servings daily. Protect from heat, light, and moisture.

Heads Up: POW® contains beta-alanine, a natural amino acid that may cause a harmless and temporary tingling sensation. FruiteX-B® (US Patent #5962049) is a registered frademark of YOF Future-Eeuticals, Inc. Natural Alternatives International (Nall) is the owner of patents as listed on www.carnosyn.com and registered trademark CarnoSym®.

WARNING: For healthy adults 18 years of age or older. Consult a medical doctor before use, especially fivou are pregnant, nursing, anticipate surgery, take medication, or are otherwise under medical supervision. Keep out of reach of children MADE IN THE USA - This product

MADE IN THE USA - This product contains ingredients of international



#### Supplement Facts

Serving Size: 1 packet (11.9 g)

74Hodrici o	Outring	7000
Calories	15	
Total Carbohydrates	4 g	1%1
Sugars	2g	**
Calcium (as calcium fructoborate)	18 mg	2%
Sodium (as sodium [bi]carbonate)	155 mg	6%
Potassium (as potassium bicarbonate)	390 mg	11%
Beta-Alanine (as CarnoSyn®)	,600 mg	**
N-Acetyl-L-Tyrosine	600 mg	**
Organic Beet Root Juice Powder	500 mg	**
Calcium Fructoborate (as FruiteX-B®)	216 mg	**
L-theanine	200 mg	**
Natural Caffeine (from unroasted coffee)	175 mg	**
DMAE (as DMAE Bitartrate)	130 mg	**
Stevia Leaf Extract	130 mg	**
5-HTP (from <i>Griffonia Simplicifolia</i> seed)	40 mg	**

† Percent Daily Value (DV) is based on a 2,000 calorie diet. \*\* Daily Value (DV) not established.

Other Ingredients: Citric acid, cane sugar, organic rice syrup solids, silicon dioxide, natural flavors.

\*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.