EQUIP

PURE WOD

BLACKBERRY LEMON

ALL NATURAL PRE-WORKOUT

1 CUP COCONUT WATER + 2 CUPS GREEN TEA PER SCOOP

COCONUT | BLACKBERRY | STEVIA

FREE FROM: GLUTEN, DAIRY, WHEY, SOY, FILLERS, CHEMICALS, ARTIFICIAL FLAVORS, ARTIFICIAL SWEETENERS, AND PRESERVATIVES.

1.07 LBS // 485 GRAMS // DIETARY SUPPLEMENT

FEED WHAT YOU NEED™

We are Equip™, makers of clean, effective, convenient foods to support your overall health and performance goals. We stand for flexible nutrition that fits into your everyday life — anytime, with little effort. No synthetic ingredients, artificial flavorings, colorings, fillers, binding agents, sweeteners, or general buffoonery.

Pure WOD boasts effective amounts of research-backed ingredients, so you get the results you need, not the crash you don't. Equip. Feed What You Need.™

WHEN TO USE:

- BEFORE, DURING OR WORKOUTS
- IN THE AM FOR A BOOST OF ENERGY
- WHEN GOING OUT FOR A LONG RUN

HOW TO USE:

- ADD TO YOUR SMOOTHIES AND SHAKES
- ADD TO 8-10 OUNCES OF ANY BEVERAGE
- INSTEAD OF COFFEE OR TEA

INGREDIENTS PER SCOOP:

EVERYTHING YOU NEED FOR A WORKOUT

+ STEVIA

+ NOTHING ELSE!

PALEO APPROVED 100% PALEO FRIENDLY

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

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WHAT TO EXPECT:

NOTHING ARTIFICIAL MEANS IT'S A LITTLE BITTER.

AND, THAT TINGLING? IT'S A NORMAL EFFECT OF BETA-ALANINE.

WARNINGS: This product is intended for use by healthy individuals over the age of 18. Do not take this product if you are pregnant, expecting to become pregnant or are nursing. Do not take this product in combination with other products containing caffeine or stimulants. Do not use this product without consulting your health care provider if you are at risk or are under medical treatment for heart disease, cardiac arrhythmias, stroke, high blood pressure, prone to seizures or diseases associated with neurological or organ system disorders (e.g. diabetes, kidney/liver disease). If you experience any adverse effect, stop training, discontinue use of supplement and contact your health care provider. KEEP OUT OF REACH OF CHILDREN.

OTHER INGREDIENTS: Blackberry Juice Powder, Natural Lemon Flavor, Stevia Leaf Powder

SUGGESTED USE: Mix 1 scoop with 8 to 10 oz of water, 20 to 30 minutes prior to training. Store in a cool, dry place.

Supplement Facts

Serving Size: 1 Rounded Scoop (29g)
Servings Per Container: 30

Amount Per Serving	
Calories 20	Calories from Fat 5
	% Daily Value*
Total Carbohydrates <1g	0%
Sugars <1g	**
Protein 4g	8%
Vitamin C (as Ascorbic Acid) 220mg	330%
Green Tea Leaf Extract (Camellia sinesis) 300mg	**
L-Arginine Alpha Ketoglutarate 500mg	**
L-Carnitine L-Tartrate HCL 500mg	**
Coconut Water Powder (organic) 1,000mg	**
Beta Alanine 2,500mg	**
Creatine Monohydrate 4,000mg	**
BCAA [Branch Chain Amino Acids, L-Leucine, L-Isoleucine, L-Valine] 4,000mg	**

* % Daily Values are based on a 2,000 calorie diet.
** % Daily Value (DV) not established.