

SUPPLEMENTS THAT ACTUALLY WORK



RED LION

PRE-WORKOUT FORMULA

FRUIT PUNCH FLAVOR

DIETARY SUPPLEMENT
30 SERVINGS

NET WEIGHT:
20 oz (578g)

WWW.REDSUPPLEMENTS.COM

Suggested Use

If this is your first time using Red Lion, mix 1/2 scoop into 6-8 fluid oz. of water, shake or stir vigorously, then consume 15-25 minutes prior to exercise to assess your tolerance levels.

For all others, mix 1/2 scoop in 6-8 fluid oz. of water for low intensity workouts or mix 1 full scoop in 6-8 fluid oz. of water for high intensity weight training or high intensity cardio workouts. Shake or stir vigorously. Consume 15-25 minutes before exercise.

During your workout it is recommended that you drink plenty of water to stay hydrated. Some individuals may experience a harmless tingling sensation for a brief period of time, this is normal and attributed to Beta-Alanine in this product.

DO NOT EXCEED 1 SERVING (1 SCOOP) IN ANY 24-HOUR PERIOD.

WARNING: KEEP OUT OF REACH OF CHILDREN. 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 with a licensed, qualified, healthcare professional. Do not use this product without approval from your physician if you have any known or suspected pre-existing medical conditions including but not limited to: high or low blood pressure, diabetes, cancer, cardiovascular, psychiatric or seizure disorders, cardiac arrhythmia, stroke, heart, liver, kidney or thyroid disease, and/or if you are currently taking any prescription or over-the-counter medications. You may experience a harmless tingling, itchy, or flushing sensation for a brief period of time after taking this product, this is normal and attributed to the Beta-Alanine in this product. This product contains 300 mg of caffeine per serving (1 scoop), similar to roughly 2 large cups of strongly brewed coffee. Do not use with any other caffeinated or stimulant-type products. Immediately discontinue use and contact a medical doctor if you experience any adverse reactions to this product. DO NOT EXCEED THE RECOMMENDED SERVINGS. Store this product sealed, in a cool dry place, out of direct sunlight. Do not use if the safety seal is broken or missing.

* These statements have not been evaluated by the FDA. This product is not intended to treat, diagnose, cure, or prevent any disease.



Supplement Facts

Serving size: 1 scoop (19g)

Servings per Container: 30 (578g)

	Amount per Serving	% Daily Value*
Calcium	100 mg	8%
Phosphorus	100 mg	8%
Sodium	200 mg	9%
Potassium	300 mg	6%
Powerful Pump Matrix	9.75 g	†
L-Citrulline DL Malate 2:1	8 g	
L-Taurine	1 g	
Nitrosigine®	750 mg	
Superior Strength Matrix	5.6 g	†
CarnoSyn® Beta-Alanine	3.6 g	
Betaine Anhydrous	2 g	
Intense Energy & Focus Matrix	900 mg	†
Caffeine Anhydrous	300 mg	
AlphaSize® GPC 50%	300 mg	
L-Theanine	300 mg	
Superior Absorption Matrix	5 mg	†
Black Pepper Extract	5 mg	

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

† Daily Value not established

Other Ingredients: Berry Extract (food coloring), Maltodextrin, Citric Acid, Natural Flavor, Stevia, Calcium Silicate

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AlphaSize® is a registered trademark of Chemi Nutra.
CarnoSyn® is a registered trademark of Natural Alternative International (NAI).



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