

THE SCIENCE BEHIND FAST FUEL

Use Fast Fuel to get the energy you need for your workouts and the complete nutritional profile to endure and maximize every training session or competition.

Fast Fuel's proprietary **Energy and Intensity Matrix** immediately activates your body's central nervous system, increasing your energy levels, mental awareness and focus. It then mobilizes your body's fat stores to be used for energy BEFORE depleting your muscle's glycogen levels. This process burns unwanted fat and greatly increases your training endurance. During your workout, Fast Fuel's proprietary **Explosive Power Matrix** fuels your muscle fibers with 14,000 mgs of pure, pharmaceutical grade whey protein isolate, creatine monohydrate and branch chain amino acids that maximize lean muscle growth. The **Max Velocity Optimizer** continues to feed and repair broken down muscle tissue with beta alanine and glutamine, allowing you to train harder for longer. In addition, Fast Fuel's sodium buffer solution minimizes the release of lactic acid into your muscles, reducing muscle fatigue and soreness and supporting the recovery process.

*** ENERGY * STRENGTH * SPEED * ENDURANCE * RECOVERY ***

DIRECTIONS: Mix one scoop of Fast Fuel in 12-16oz of water. Take on training days 30 minutes before workout. For maximum results, take an additional serving during workout.

For more information visit RSPNutrition.com or call 877.814.2544

*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.

FROM THE CREATORS OF
**SPORTS PERFORMANCE
NUTRITION**

RSP

DIETARY SUPPLEMENT

FAST

PRE-WORKOUT SUPPLEMENT

FUEL™

MAXIMIZE TRAINING INTENSITY* BUILD LEAN MUSCLE*
INCREASE ENDURANCE* RECOVER FASTER*

BERRY BLAST FLAVOR NET WT. 1.32 LBS

Supplement Facts

Serving Size: 20 grams (1 Scoop)

Servings per Container: 30

Amount Per
Serving % Daily
Value*

Calories 53 3%

Total Carbohydrates 1g <1%

Sugars 0g 0%

Explosive Power Matrix 14000 mg

Whey Protein Isolate, Creatine
Monohydrate, L-Leucine,
L-Isoluecine, L-Valine †

Energy and Intensity Matrix 2450 mg

L-Arginine, L-Tyrosine, Caffeine †

Max Velocity Optimizer 2250 mg

Beta Alanine, Sodium Citrate,
L-Glutamine †

* % Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending
on your calorie needs. † Daily Value not established

Other Ingredients: Citric Acid, natural & artificial
flavors, Red 40, sucralose. **Allergen Statement:**
This product contains ingredients derived from milk.

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WWW.RSPNUTRITION.COM

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Tested for Banned Substances: All RSP products are screened for cross contamination and banned substances. This ensures product safety and compliance with the standards and protocols of all high school, collegiate and professional athletic leagues and associations.

