DAYS IN ANY 7 DAY PERIOD.

Suggested Use: As a dietary supplement, mix 1 heaping scoop of PRE EXTREME into 12-14 ounces of water and consume 30-45 minutes prior to resistance training. Vary the amount of water to achieve your desired flavor level. PRE is extremely powerful, first time users should begin use with 1/2 scoop or less to assess your tolerance. DO NOT EXCEED 1 SCOOP IN ANY 24 HOUR PERIOD OR USE MORE THAN 5

GLUTEN FREE | NON-GMO LACTOSE FREE

Excipient Free, No Preservatives, No Sugar, No Wheat, No Yeast, No Fish, No Milk.

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 if you are pregnant, breast feeding, sensitive to caffeine, have known medical conditions (including but not limited to kidney, heart or liver disease) or are taking prescription or OTC medication(s). Consult with your health care practitioner before using this product. Do not use under extreme conditions of heat, CARDIOVASCULAR EXERTION or dehydration. CONTAINS CAFFEINE. Do not use with caffeine or stimulant-containing medications, foods or beverages because too much caffeine may cause nervousness, irritability, sleeplessness and occasionally rapid heartbeat. Discontinue use and consult with your health care professional if you experience any adverse reaction to this product. Do not exceed recommended serving. If you are a professional, college, or amateur athlete whose given sports conduct in and out of competition random drug screens, this product contains n-methyl tyramine which should not be taken. It is possible this compound could lead to a positive drug test for certain banned substances. Discontinue use two weeks prior to surgery.















Natural & Artificial Flavoring

FOCUS







CITRULLINE

BETA ALANINE

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	Amount Per Ser
Calories	
Vitamin C (as ascorbic acid USP)	
Vitamin B3 (as niacin)	30m
Vitamin B6 (as pyridoxine HCI)	
Vitamin B12 (as methylcobalamin)	150
Calcium (Calci-K TM calcium notassium nhosnhate citrate)	hate citrate)



