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 DAYS IN ANY 7 DAY PERIOD.

VEGETARIAN | GLUTEN FREE | NON-GMO | LACTOSE FREE

No Excipients, No Fillers, Allergen Free, No Artificial Color, No Preservatives, No Sugar, No Soy, 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.



Natural & Artificial Flavoring

INCREASE BOOST INTENSIFY
POWER & ENDURANCE NITRIC OXIDE FOCUS & DRIVE

Amount Per Servin	er Servin
Calories	9
Total Carbohydrate	15
Vitamin C (as ascorbic acid USP)	150m
Vitamin B3 (as niacin)	30mgN
Vitamin B6 (as pyridoxine HCl)	50m
Vitamin B12 (as methylcobalamin)	150mc
Calcium (Calci-K TM calcium potassium phosphate citrate)	95m
Phosphorus (Calci-K TM calcium potassium phosphate citrate	89m
and sodium phosphate)	
Magnesium (Creatine MagnaPower TM)	40m

2000	3
Total Carbohydrate	15g
Vitamin C (as ascorbic acid USP)	150mg
Vitamin B3 (as niacin)	30mgNE
Vitamin B6 (as pyridoxine HCl)	50mg
Vitamin B12 (as methylcobalamin)	150mcg
Calcium (Calci-K TM calcium potassium phosphate citrate)	95mg
Phosphorus (Calci-K TM calcium potassium phosphate citrate	89mg
and sodium phosphate)	
Magnesium (Creatine MagnaPower TM)	40mg
Sodium (sodium phosphate)	60mg
Potassium (Calci-K TM calcium potassium phosphate citrate)	80mg
Choline (VitaCholine TM [Choline L(+) Bitartrate])	205mg
Glycogen Pre-load System	
Highly Branched Cyclic Dextrin (as ClusterDextrin®)	15g
Power, Strength & Endurance Complex (14.2g)	



+++++| +++| +++







Discontinue use two weeks prior to surgery. VitaCholine™ is a trademark of Balchem Corporation, Natural Alternatives International (NAI) is the owner of patents as listed on www.carnosyn.com and registered trademark CarnoSyn®, Calci-K™ and Creatine MagnaPower™ are trademarks of Albion Laboratories, Inc. Chelate covered by U.S. Patent 6.114.379, Inc. Cluster Dextrin ® is a registered trademark of Glico Nutrition Co., Inc. Nitrosigine® and the Nitrosigine® logo are registered trademarks of Nutrition 21, LLC, Nitrosigine® is patent protected.

SINCE FDA Registration: 16906175560













