

1000 & GUTS. Food supplement. With sweeteners. **High caffeine content** (372 mg/serving). Not recommended for children and pregnant or nursing women. Blood & Guts is recommended for physically active people, especially those who engage in high intensity and high-volume strength training sessions. **Ingredients:** L-Citrulline DL-Malate (2:1), Beta-Alanine, L-Arginine complex (L-Arginine, Calcium Alpha Ketoglutarate), Anti-caking agents (Silicon dioxide, Calcium salts of orthophosphoric acid), Flavouring, L-Tyrosine (free-form amino acid), Maltodextrin, Caffeine anhydrous, Green tea (*Camellia sinensis*) leaf extract (standardised to 95% Polyphenols and 5% Caffeine), Sweeteners (Sucralose, Acesulfame-K), Sweet orange (*Citrus sinensis*) 100% peel extract, Nicotinamide, Guarana (*Pauhinia cupana*) seed extract (standardised to 22% Caffeine), Colours, Potassium 4000, Indigo Carmine, Black pepper (*Piper nigrum*) fruit extract (standardised to 95% Piperine). ****Warning:** 4000. May have an adverse effect on activity and attention in children. **Recommended use:** Mix 2 heaping scoops of powder (~19 g) with 250-300 ml of cold water. Drink 1 serving 30 minutes before your workout. **Warnings:** Do not exceed the recommended daily dose. For healthy adults only. Consult your physician before use. Not recommended for use by those taking medication. Do not use if you are allergic to any of the supplement compounds. Food supplements should not be used as a substitute for a varied and well-balanced diet. Beta-Alanine may cause a harmless, temporary tingling sensation on the skin for some individuals. Keep out of reach of young children. Do not consume product with alcohol.

Net weight **380g**

NUTRITION FACTS			
Serving Size: 2 heaping scoops (19 g)			
Servings per container: 20			
CONTENT	PER 100 g PRODUCT	PER SERVING (19 g)	%RI* per serving
Energy	440 kJ / 104 kcal	84 kJ / 20 kcal	1%
Fat of which:	0 g	0 g	0%
- Saturated	0 g	0 g	0%
Carbohydrates of which:	1.9 g	0.4 g	0%
- Sugars	0.1 g	0.02 g	0%
Protein	24 g	4.6 g	9%
Salt	0 g	0 g	0%

*RI Reference Intake of an average adult (8400 kJ / 2000 kcal).

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SHADOWLINE

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NUTRITION



BLOOD & GUTS

THE MIND & BODY PRE-WORKOUT

Net wt. **380g**

BLUEBERRY

FOOD SUPPLEMENT

6000mg CITRULLINE MALATE	4000mg ARGinine AKG	PER SERVING
500mg	BETA ALANINE	

Dorian Yates
EX MR. OLYMPIA

Allergen information: Made in a facility that uses milk, soy, egg and nuts.

Best before end, batch number (see on the bottom of the container).

Store in dry and cool place. Protect from direct sunlight.

Recommended use:

Mix 2 heaping scoops of powder (~19 g) with 250-300 ml of cold water. Drink 1 serving 30 minutes before your workout.

2x 250-300ml

Made in EU for DY Nutrition Global LTD.

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NUTRITION FACTS

Serving Size: 2 heaping scoops (19 g)
Servings per container: 20

CONTENT	PER 100 g PRODUCT	PER SERVING (19 g)
Vitamin B3	250 mg	47.6 mg (297%NRV**)
L-Citrulline DL-Malate (2:1) of which L-Citrulline	31.5 g / 21.5 g	5985 mg / 4085 mg
A-Arg complex	21.1 g	4009 mg
- L-Arginine	14.1 g	2679 mg
- Calcium Alpha Ketoglutarate	7 g	1330 mg
Beta-Alanine	28.95 g	5500 mg
L-Tyrosine	2630 mg	500 mg
Green tea (<i>Camellia sinensis</i>) leaf extract 30:1	1320 mg	250 mg
- Total Polyphenols	1254 mg	237 mg
- Caffeine	66 mg	13 mg
Sweet orange (<i>Citrus sinensis</i>) - 100% peel extract	980 mg	186 mg
Caffeine anhydrous	1840 mg	350 mg
Guarana (<i>Pauhinia cupana</i>) extract	210 mg	41 mg
- Caffeine	46 mg	9 mg
Black pepper (<i>Piper nigrum</i>) (25-35:1) extract	10 mg	1.9 mg
- Piperine	9 mg	1.7 mg

**NRV - Nutrient Reference Value of an average adult.

