

DIRECTIONS & RECOMMENDED USE:

As a dietary supplement, mix 1 scoop with 10-12 oz of water. Take 1 scoop daily for cardiovascular health or 30-60 mins before exercise to enhance performance.

WARNING:

Do not exceed recommended dose. Pregnant or nursing mothers, children under 18 and individuals with known medical conditions should consult a physician before using this dietary supplement. Discontinue use and consult your physician if any adverse reactions occur.

Keep out of reach from children. Do not use if safety seal is damaged or missing. Store in a cool, dry place.

* 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.



vitam Monk

OPTIBEET™

**ADVANCED BEETROOT FORMULA
WITH CITRULLINE**

- Promotes Healthy Nitric Oxide Levels *
- Helps Improve Exercise Endurance *

Dietary Supplement

NET WT. 302G/0.66LBS

Supplement Facts

Serving Size: 1 scoop Approximately (10g/0.35oz)
Servings Per Container: 30

	Amount Per Serving
Beet (Beta vulgaris) Root Extract (1% Nitrate)	7,000mg **
L-Citrulline	3,000mg **

** Daily Value not established.

Other Ingredients: Stevia Rebaudioside A Leaf Extract

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