

In typical Sparta Nutrition fashion, we have formulated the most hardcore, stimulant loaded, balanced preworkout in the industry. Insane energy, increased pumps, unparalleled focus, and the endurance of Leonidas himself. Scoop for scoop, no other preworkout can compare. We took no short cuts - like always - and didn't give a f*ck about the price to produce.

The end result: an ultra-powerful stimulant preworkout, balanced with premium dosages of L-Citrulline, Beta Alanine, HydroMax Glycerol, and more than enough stims to light up the 300.



1 Scoop
Beginner to
Intermediate Users



2 Scoops
Advanced to
Serious Users

Suggested Use: As a dietary supplement, take 1 to 2 scoop(s) of Kraken with 8-10 oz of water. Consume 30 minutes prior to exercise. Do not exceed recommended daily intake.

WARNING: Not intended for use by persons under age of 18. Do not exceed recommended dose. Do not consume caffeine from other sources, including but not limited to, coffee, tea, soda, and other dietary supplements or medications containing caffeine. Kraken contains caffeine. Do not use for more than 8 weeks continuously. Read the entire label and consult with your physician prior to use. If you are pregnant or nursing, or if you are taking medication, including but not limited to MAOI inhibitors, antidepressants, aspirin, nonsteroidal anti-inflammatory drugs or products, or other stimulants. Consult your physician prior to use if you have a medical condition, including but not limited to, heart, liver, kidney, or thyroid disease, psychiatric or epileptic disorders, difficulty urinating, diabetes, high blood pressure, cardiac arrhythmia, recurrent headaches, or glaucoma. Do not use if safety seal is broke or missing. Keep lid tightly closed and store in a cool, dry place. As with all supplements: keep out of reach of children and animals.

TEACRINE®
HydroMax®
Cocoabuterol®
VASO6

*TeaCrine® & Vaso6™ is a registered trademark and protected by Patents Pending, Serial No. 61/903,362; under exclusive global distribution by Compound Solutions, Inc | HydroMax® is a registered trademark of Glanbia plc. | Cocoabuterol™ is a trademark of Genabio.



+ 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.

FOCUS / ENERGY / PUMP / ENDURANCE

SPARTA
NUTRITION
SEIZE YOUR GLORY.

KRAKEN

EXTREME PRE-WORKOUT

250MG TASTELESS TEACRINE®
300MG VASO-6®
4G L-CITRULLINE
3.2G BETA ALANINE



40 SERVINGS
NET WT. 320G | 11.29OZ
DIETARY SUPPLEMENT

Supplement Facts					
Serving Size: 1 Scoop / 2 Scoops (8 g/16 g)			Servings per Container: 40/20		
Amount Per Serving		%DV	Amount Per Serving		%DV
Vitamin B3 (As Niacin)	20 mg	100%	Vitamin B3 (As Niacin)	40 mg	200%
Vitamin B12 (1% Methylcobalamin)	550 mcg	9,166%	Vitamin B12 (1% Methylcobalamin)	1,100 mcg	18,332%
L-Citrulline	2 g	**	L-Citrulline	4 g	**
Beta Alanine	1.6 g	**	Beta Alanine	3.2 g	**
HydroMax® Glycerol Powder(65%)	1 g	**	HydroMax® Glycerol Powder(65%)	2 g	**
Taurine	500 mg	**	Taurine	1 g	**
N-Acetyl-L-Tyrosine	250 mg	**	N-Acetyl-L-Tyrosine	500 mg	**
Vaso-6™ (Gallate-Enhanced Oligomers)	150 mg	**	Vaso-6™ (Gallate-Enhanced Oligomers)	300 mg	**
TeaCrine® (Tasteless 40%) (Theacrine)	125 mg	**	TeaCrine® (Tasteless 40%) (Theacrine)	250 mg	**
Caffeine Anhydrous	125 mg	**	Caffeine Anhydrous	250mg	**
Theobromine (Theobroma Cacao Extract) (Seed)	25 mg	**	Theobromine (Theobroma Cacao Extract) (Seed)	50 mg	**
N-Methyl L-Tyramine HCL	15 mg	**	N-Methyl L-Tyramine HCL	30mg	**
Cocoabuterol®(Cocoa Extract) (Seed) Standardized for 50% Cocoa Alkaloids	7.5 mg	**	Cocoabuterol®(Cocoa Extract) (Seed) Standardized for 50% Cocoa Alkaloids	15 mg	**
** Daily Value (DV) Not Established					

Other Ingredients: Sorbitol, Citric Acid, Silicon Dioxide, Calcium Silicate, Acesulfame-K, Natural & Artificial Rainbow Candy Flavor and Sucralose

Manufactured Exclusively For:
SPARTA NUTRITION
SEIZE YOUR GLORY.
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