

HARNESS is a comprehensive pre-workout solution scientifically-formulated to increase your athletic performance.† Key ingredients in **HARNESS** have been demonstrated to increase VO2 max, voluntary maximum contractile force, and total time to fatigue, while simultaneously decreasing feelings of fatigue.†

WARNING:

This product is only intended for use in healthy adults 18 years of age or older. Pregnant or nursing women should not use this product. Consult your healthcare provider before using this product, especially if you are taking any prescription, over the counter medication, dietary supplement product, or if you have any pre-existing medical condition including but not limited to: high or low blood pressure, cardiac arrhythmia, stroke, heart, liver, kidney or thyroid disease, seizure disorder, psychiatric disease, diabetes, difficulty urinating due to prostate enlargement or if you are taking a MAOI (Monoamine Oxidase Inhibitor) or any other medication. Discontinue use and consult your health care professional if you experience adverse reaction to this product. Do not exceed recommended serving. Do not use in combination with caffeine or any stimulants, including but not limited to, coffee, tea, soda, and other dietary supplements or medications. Do not use under extreme conditions of heat, sleep deprivation, extreme cardiovascular exertion or dehydration. Do not combine with alcohol. Do not use if safety seal is broken or missing. Keep out of reach of children.

DIRECTIONS:

Mix 2 scoops with 8-12 ounces of water and consume approximately 15-30 minutes prior to your workout. To assess tolerance, new users may want to start with 1 scoop (1/2 scoop).

†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.



ARMS RACE
NUTRITION

HARNESS

PRE-WORKOUT

POWER
PUMP
FOCUS
ENERGY

OLD SCHOOL DEDICATION.
MODERN SCIENCE.

LEMON RUSH

DIETARY SUPPLEMENT
10.2 OZ

(288 G)

NATURALLY & ARTIFICIALLY FLAVORED

Supplement Facts

Serving Size: 2 Scoops (14.4g)
Servings Per Container: 20 (40 scoops)

	Amount Per 1/2 Serving (1 scoop)	% DV	Amount Per Serving (2 scoops)	% DV
L-Citrulline	2500 mg	**	5000 mg	**
Beta-Alanine	1600 mg	**	3200 mg	**
L-Tyrosine	500 mg	**	1000 mg	**
ViNitrox™ [Grape (<i>Vitis vinifera</i>) and Apple (<i>Malus pumila</i>) Extracts]	250 mg	**	500 mg	**
Caffeine Anhydrous	175 mg	**	350 mg	**
Citicoline (Cytidine 5'-diphosphocholine)	125 mg	**	250 mg	**
ElevATP™ (Ancient Peat and Apple Extract)	75 mg	**	150 mg	**
ZumXR™ XR Caffeine	37.5 mg	**	75 mg	**
Huperzia serrata Extract (leaf and stem) (1% Huperzine A)	10 mg	**	20 mg	**

* Percent Daily Values are based on a 2,000 calorie diet.
** Daily Value not established.

OTHER INGREDIENTS:

Natural and Artificial Flavor, Citric Acid, Malic Acid, Silicon Dioxide, Sucralose, Acesulfame Potassium.

Manufactured in a U.S. cGMP Facility.
Distributed by: Arms Race Nutrition, LLC, Ashburn, Virginia 20147.
www.armsracenutrition.com, info@armsracenutrition.com, (833) 568-4321.

elevATP
STRENGTH. POWER. PERFORMANCE.

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zumXR

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