

Suggested Use: Mix 1/2 scoop in 6-8oz water 20-30 minutes before your workout. Once tolerance has been assessed, you may use one full serving (1 scoop.)

A slight tingling sensation is normal and is due to the beta alanine. Be sure to stay hydrated and have a great workout!

WARNING: Product contains 200mg of caffeine per serving. Do not consume more than one serving 14-hours. Do not exceed more than 2 servings per day. Do not use if sensitive to caffeine. Limit fruit caffeine-containing medications, foods, or beverages while taking this product because too much caffeine may cause nervousness, irritability, sleeplessness, and occasionally, rapid heartbeat. Consult a physician before use if you are pregnant, lactating, have a medical condition (including but not limited to hypertension or thyroid conditions), or taking any medication. Not recommended for use by children under 18 years of age. **KEEP OUT OF REACH OF CHILDREN.** 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.

TheaKalmi
pre-workout

TheaKalmi™ is a registered trademark of Alaninu, Inc.



ALANINU

PRE-WORKOUT
ALOHA PINEAPPLE
NATURAL & ARTIFICIALLY FLAVORED



ENERGY
ENDURANCE
PUMP

30
SERVINGS

DIETARY SUPPLEMENT
NET WT. 10.34oz | 293g

Supplement Facts

Serving Size: 1 Scoop (9.6g)
Servings per Container: 30

	Amount Per Serving	%DV
L-Citrulline Malate 2:1	6 g	**
Beta-Alanine	1.8 g	**
L-Tyrosine	500 mg	**
Caffeine (from Coffee (Coffea arabica Bean Extract))	200 mg	**
L-Theanine (from green tea (Camellia sinensis) Leaf extract)(TheaKalmi™)	200 mg	**

**Daily Value (DV) Not Established

Other Ingredients: Sodium Citrate, Silica, Natural and Artificial Flavors, Sucralose, Turmeric Root Extract, Acesulfame Potassium.

Distributed by:

ALANINU

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ALLERGENS: Processed in a facility and/or manufacturing line that also processes Manufacture or equipment which process peanuts, eggs, soybeans, wheat, shellfish, fish oil, tree nuts, and peanut flavor.