Suggested Use: As a dietary supplement, mix 1 heaping scoop of PRE EXTREME into 12-14 ounces of water and consume 30-45 minutes prior to resistance training. Vary the amount of water to achieve your desired flavor level. PRE is extremely powerful, first time users should begin use with 1/2 scoop or less to assess your tolerance, DO NOT EXCEED 1 SCOOP IN ANY 24 HOUR PERIOD OR USE MORE THAN 5 DAYS IN ANY 7 DAY PERIOD.

## VEGETARIAN | GLUTEN FREE | NON-GMO | LACTOSE FREE

No Excipients, No Fillers, Allergen Free, No Artificial Color, No Preservatives, No Added Sugar, No Soy, No Wheat, No Yeast, No Fish, No Milk,

Warning: KEEP OUT OF REACH OF CHILDREN. This product is only intended to be consumed by healthy adults 18 years of age or older. Do not use if you are pregnant, breast feeding, sensitive to caffeine, have known medical conditions (including but not limited to kidney, heart or liver disease) or are taking prescription or OTC medication(s). Consult with your health care practitioner before, using this product. Do not use under extreme conditions of heat, CARDIOVASCULAR EXERTION or dehydration, CONTAINS CAFFEINE. Do not use with caffeine or stimulant-containing medications, foods or beverages because too much caffeine may cause nervousness, irritability, sleeplessness and occasionally rapid heartbeat. Discontinue use and consult with your health care professional if you experience any adverse reaction to this product. Do not exceed recommended serving. If you are a professional, college, or amateur athlete whose given sports conduct in and out of competition random drug screens, this product contains n-methyl tyramine which should not be taken. It is possible this compound could lead to a positive drug test for certain banned





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Amount Per Serving	serving	
Calories	09	
Total Carbohydrate	15 g	
Vitamin C (as ascorbic acid USP)	150 mg	
Niacin (Vitamin B3) 30	30 mg NE	
Vitamin B6 (as pyridoxine HCI)	50 mg 2	S
Vitamin B12 (as methylcobalamin)	150 mcg 6	0
Calcium (as Albion <sup>TM</sup> Calci-K <sup>TM</sup> calcium potassium phosphate citrate)	95 mg	
Phosphorus (as Albion <sup>TM</sup> as Calci-K <sup>TM</sup> calcium potassium phosphate	89 mg	
citrate and sodium phosphate)		
Magnesium (as Albion <sup>TM</sup> Creatine MagnaPower <sup>TM</sup> )	40 mg	
Sodium (as sodium phosphate)	60 mg	
Potassium (as Albion <sup>TM</sup> as Calci-K <sup>TM</sup> calcium potassium phosphate citrate)	80 mg	
Choline (as VitaCholine™ [Choline L(+) Bitartrate])	205 mg	
Glycogen Pre-load System		

FDA Registration: 16906175560

MANUFACTURED IN OUR











substances. Discontinue use two weeks prior to surgery.

Natural & Artificial Flavoring

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