

Supplement Facts

Serving Size: 4 Capsules
Servings Per Container: 45

	Amount Per Serving	%DV
Calcium	338 mg	26%
Calcium β-hydroxy-β-methylbutyrate (HMB)	2.5 g	†
Citicoline	250 mg	†
Yohimbine (Rauwolfia vomitoria) [Root] Extract (Std to Contain 90% Rauwolfscine)	10 mg	†

DV% Based on a 2,000 Calorie Diet

†Daily Value Not Established

Other Ingredients: Hypromellose, Cellulose, Silica, Magnesium Stearate (Vegetable).

Allergen Warning: This product is manufactured in a facility which may also process milk, soy, wheat, egg, peanuts, tree nuts, fish, and shellfish.

*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.



L:CNFORGEV3



PLEASE
RECYCLE

Developed by: Legion Athletics
1255 Cleveland St. Floor 4
Clearwater, FL 33755
©2020, Legion Athletics, Inc.
www.legionathletics.com

legion®

FORGE

PRE-WORKOUT FAT BURNER

- + Boosts fat loss*
- + Preserves muscle*
- + Increases energy & focus*

ALL-NATURAL
100%
INGREDIENTS

45 Servings / Dietary supplement / 180 Vegetarian capsules

DIRECTIONS:

Take 1 capsule per 50 pounds of body weight 15 minutes prior to fasted training. If well tolerated, add 1 capsule per use until reaching 1 capsule per 25 pounds of body weight.

FIRST TIME USE

100 pounds: 2 caps
150 pounds: 3 caps
200 pounds: 4 caps
250 pounds: 5 caps

FULL DOSAGE USE

100 pounds: 4 caps
150 pounds: 6 caps
200 pounds: 8 caps
250 pounds: 10 caps

Notice to California Consumers:

WARNING: Consuming this product can expose you to chemicals including lead which is known to the State of California to cause cancer and birth defects or other reproductive harm. For more information go to www.P65Warnings.ca.gov/food.

Check with a qualified healthcare professional before using this product if you are under 18 years of age or if you have any pre-existing medical conditions and/or are taking any prescription medication(s). **KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.**