

Supplement Facts

Serving Size: 2 Scoops (23.76 g)

Servings Per Container: 21

	Amount Per Serving	%Daily Value*
Calories	10	
Total Carbohydrates	6 g	2%
Calcium	148 mg	11%
Sodium (as sodium citrate)	230 mg	10%
Potassium (as tripotassium citrate)	345 mg	7%
L-Citrulline DL-Malate 2:1	8 g	**
CarnoSyn® Beta-Alanine	3.6 g	**
Betaine Anhydrous	2.5 g	**
Caffeine Anhydrous	350 mg	**
L-Theanine	350 mg	**

AlphaSize® Alpha-Glyceryl

Phosphoryl Choline (GPC) 50% 300 mg **

*Percent Daily Value Based on a 2,000 Calorie Diet

**Daily Value Not Established

Other Ingredients: Swerve® Natural Sweetener (Erythritol & Oligosaccha), Advantitol™ Erythritol, Natural Flavors, Sea Salt, Silica, Stevia (*Stevia rebaudiana*) Leaf Extract, Calcium Carbonate, Red Beet (For Color), Calcium Silicate.

 Natural Alternatives International (NAI) is the owner of patents as listed on www.carnosyn.com and registered trademark CarnoSyn®.

 AlphaSize® is a registered trademark of Chemi Nutra.

DIRECTIONS:

First time using Pulse? Assess your individual tolerance by mixing 1 scoop with 10-12 ounces of water and consuming 15-30 min prior to exercise. If you experience any non-optimum effects, stop and consult your doctor. We recommend using 1 scoop 15-30 min prior to weight training or intense cardio, or 2 scoops (full clinical dosages) for intense weight training or cardio lasting longer than 45 min.

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.

Not intended for persons under the age of 18. Do not use if pregnant or nursing. Consult a health care professional prior to consumption if you have any pre-existing medical conditions or are taking any prescription medication. Improper use of this product will not improve results and is potentially hazardous to a person's health. Use only as directed. **KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.** **ALLERGEN WARNING:** This product was produced in a facility that may also process ingredients containing milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, and soybeans.



legion®

PULSE

PRE-WORKOUT DRINK

FRUIT PUNCH

- + Boosts strength, endurance, & focus†
- + 8 grams of citrulline malate
- + 3.6 grams of beta-alanine

NATURALLY SWEETENED
100%
AND FLAVORED

21 Servings / Dietary supplement / Net Wt 498.96 G (1.1 lbs)



NATURAL
INGREDIENTS



THIRD-PARTY
TESTED



MADE IN
THE USA

BACKED BY SCIENCE. PROVEN BY YOU.

†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.



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