



GOLD STANDARD[®]

PRE-WORKOUT

FOR PERFORMANCE[†],
ENERGY AND
FOCUS[†]

175^{MG}

CAFFEINE FROM
NATURAL SOURCES

3^G

CREATINE
MONOHYDRATE

1.5^G

BETA-ALANINE

FRUIT PUNCH

NATURALLY &
ARTIFICIALLY FLAVORED

DIETARY SUPPLEMENT NET WT 10.58 OZ (300 G) 30 SERVINGS

FRUIT PUNCH

ARTIFICIALLY FLAVORED

Supplement Facts

Serving Size 10 g (About 1 Scoop)

Servings Per Container 30

	Amount Per Serving	% Daily Value
Calories	10	
Total Carbohydrate	3 g	1%*
Vitamin D (as Cholecalciferol)	12.5 mcg	63%
Thiamin (as Thiamin Hydrochloride)	2 mg	167%
Niacin	20 mg	125%
Vitamin B ₆ (as Pyridoxine HCl)	2 mg	118%
Folate	340 mcg DFE (200 mcg Folic Acid)	85%
Vitamin B ₁₂ (as Cyanocobalamin)	10 mcg	417%
Pantothenic Acid (as D-Calcium Pantothenate)	10 mg	200%
Calcium	50 mg	4%
Sodium	20 mg	1%

Muscle Matrix[†]

Creatine Monohydrate	3 g	**
AstraGin [®] Proprietary Blend (<i>Panax notoginseng</i> Extract [root], <i>Astragalus membranaceus</i> Extract [root])	25 mg	**

Performance Composite[†]

Beta-Alanine	1.5 g	**
Micronized L-Citrulline	750 mg	**

Energy & Focus Complex[†]

Acetyl-L-Carnitine Hydrochloride	375 mg	**
N-Acetyl L-Tyrosine	250 mg	**
Caffeine [†]	175 mg	**
Citrus Bioflavonoid Complex	100 mg	**

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.



10 GRAMS
ABOUT 1 SCOOP
GOLD STANDARD[®]
PRE-WORKOUT



6-8 FL OZ
COLD WATER



30 SECONDS
MIX UNTIL DISSOLVED

OTHER INGREDIENTS: Natural and Artificial Flavor, Citric Acid, Calcium Silicate, Silicon Dioxide, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Sucralose, Tartaric Acid, Malic Acid, Acesulfame Potassium, Red 40.

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