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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.



- HELP OPTIMIZE HORMONE BALANCE[†]**
- AIDS ENERGY PRODUCTION[†]**
- PROMOTES STRENGTH AND POWER[†]**

Total Strength + Performance is a blend of adaptogens, vitamins, and other select botanical ingredients specifically designed to promote physical performance.[†] It's been formulated to assist with power and force production, and optimize hormone levels. Furthermore, it has been clinically shown to support gains in squat, bench press and deadlift strength.[†]

TESTED FOR ATHLETE'S ASSURANCE
Total Strength + Performance is certified by Informed Sport, a third-party testing program developed by the world-class anti-doping laboratory, LGC

Suggested Use: Adults, as a dietary supplement, mix two scoops with eight ounces of water 30 minutes before any physical activity and take one to two scoops afterward.
Consult a medical doctor before taking this or any other nutritional supplement if you are pregnant, nursing, have or suspect a medical condition, or are taking any medications. Beta Alanine has been reported to cause occasional tingling and/or flushing. If you feel you are suffering an adverse reaction, immediately discontinue taking this product and consult a medical doctor. Store in a cool, dry place. Do not use if freshness seal is missing or broken. KEEP OUT OF REACH OF CHILDREN.

- GLUTEN FREE**
- SOY FREE**
- DAIRY FREE**
- VEGAN**
- CAFFEINE FREE**



TOTAL STRENGTH + Performance PERFORMANCE FORMULA



Promotes Strength Gains[†]
CAFFEINE-FREE FORMULA
STRAWBERRY LEMONADE FLAVOR
DIETARY SUPPLEMENT

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Supplement Facts

Serving Size 2 Scoops (10.8 g)
Servings Per Container 30

	Amount Per Serving	% DV
Calories	35	
Total Carbohydrate	2 g	1% ^{††}
Vitamin B6 (as Pyridoxine HCl)	7.5 mg	441%
Pantothenic Acid (Vitamin B5) (as Calcium Pantothenate)	100 mg	2000%
Magnesium (as Magnesium Bisglycinate Chelate) (TRAACS®)	40 mg	10%
Sodium (as Sodium Citrate)	105 mg	5%
Onnit Performance Blend™	4.5 g	*
Branched Chain Amino Acids (L-Leucine, L-Valine, L-Isoleucine), L-Glutamine, CarnoSyn® Beta-Alanine		
Onnit Power Blend™	3.4 g	*
D-Aspartic Acid, Mucuna pruriens (seed) Extract (15% L-dopa), Longjack (Eurycoma longifolia) (root) Extract, Stinging Nettle (root) Extract		
Onnit Support Blend™	490 mg	*
Red Clover (flower) Extract, Sophora Japonica (fruit) Extract (Luteolin 90%), Giant Knotweed (Polygonum cuspidatum) (root) Extract (20% Resveratrol)		
Black Pepper (fruit) Extract (BioPerine®)	5 mg	*

^{††}Percent Daily Values (DV) are based on a 2,000 calorie diet
^{*}Daily Values Not Established.

Other Ingredients: Natural Flavors, Stevia (leaf) Extract, Maltodextrin, Sunflower Lecithin, Dextrin
Manufactured Exclusively For: Onnit Labs, Inc.
Austin, Texas 78744 • (855) ONNIT-99
Natural Alternatives International (NAI) is the owner of patents as listed on www.carnosyn.com and registered trademark CarnoSyn®
TRAACS® is a registered trademark of Albion Laboratories, Inc.
BioPerine® is the registered trademark of Sabinsa Corporation

MINIMUM FILL LINE
Product is packaged by weight not volume, some settling may occur.

Net Weight
11.4 OZ (324 G)