

ENHANCED ATHLETIC
PERFORMANCE[†]

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There's a better you waiting to get out and if you're willing to put in the work, ProSupps[®] is uniquely qualified to unleash your full potential. Having climbed to the top of the fitness mountain ourselves, we can show you how to get here through elite supplementation, education, and inspiration. We're here for your relentless pursuit of greatness, but nobody is going to do it for you. You have to

EARN IT.

prosupps.com

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EARN IT.



USA LPTD-01



HYDE

PRE WORKOUT

ENHANCED ATHLETIC PERFORMANCE[†]

BLUE RASPBERRY
NATURAL & ARTIFICIAL FLAVORS

30 DIETARY SUPPLEMENT
SERVINGS NET WEIGHT
10.32 OZ (292.5G)

Suggested Use: For enhanced athletic performance, mix 1 serving of HYDE[®] Pre Workout with 6-8oz of water and consume 20-30 minutes prior to exercise.^{*}

WARNING: This product is intended for healthy adults, 18 years of age or older. Consult a physician prior to using this, or any other dietary supplement. Do not take this product if you are pregnant or nursing, if you have or suspect you may have a medical condition, or if you are taking any prescription or over-the-counter medications. Do not exceed recommended serving. Exceeding recommended serving may cause adverse health effects. This product contains 250mg of caffeine, the equivalent of approximately 2.5 cups of coffee and may not be suitable for individuals who are sensitive to the effects of caffeine. Too much caffeine may cause nervousness, irritability, sleeplessness, and occasional rapid heartbeat. Immediately discontinue use and consult a qualified medical professional if you experience any adverse effects. KEEP OUT OF REACH OF CHILDREN.

WARNING FOR CALIFORNIA RESIDENTS: 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

*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.

Supplement Facts

Serving Size: 1 Scoop (9.75g)
Servings Per Container: 30

	Amount Per Serving	% DV [*]
Vitamin C (as Ascorbic Acid)	60mg	66%
Vitamin B1 (as Thiamine HCl)	3mg	250%
Vitamin B12 (as Methylcobalamin)	30mcg	1,250%
Niacin	30mg	167%
Zinc (as Zinc Bisglycinate)	15mg	136%
L-Citrulline	3,500mg	**
Beta-Alanine	2,500mg	**
Creatine Monohydrate	1,250mg	**
N-Acetyl-L-Carnitine	500mg	**
L-Tyrosine	250mg	**
Caffeine Anhydrous	250mg	**

^{*}Percent Daily Values are based on a 2,000 calorie diet.
^{**}Daily Value not established.

Other Ingredients: Citric Acid, Natural and Artificial Flavors, Silicon Dioxide, Calcium Silicate, Sucralose.

0% Juice. Gluten Free. Sold by weight, not volume. Store in cool, dry place. Avoid excess heat and moisture.