

Initial (First Serving) Instructions:

To assess your individual tolerance, combine 1-2 Scoops of GlycerGrow™ with at least 32oz of water, juice, or sport/electrolyte drink, and consume it about 30 minutes before your workout. Shake well before drinking (powder DOES NOT dissolve in liquid).

Directions For Usage:

Combine 1 - 4 Scoops of GlycerGrow™ with at least 32oz of water, juice, or sport/electrolyte drink, and consume it over an extended period of time (pre-workout, during your workout, and post-workout). Shake well before drinking (powder does not dissolve well in liquid). For best results, GlycerGrow™ should be used in combination with Controlled Labs' Green Bulge™, at least 1-2 gallons of water per day, a high protein/moderate carbohydrate diet, and a hypertrophy/volume training workout protocol. For more details on optimizing your results, please see www.ControlledLabs.com.

Warnings:

Consuming this product on a completely empty stomach may cause nausea. Consuming this product while on a liquid diet may cause diarrhea. Consuming this product without a sufficient water intake may cause dehydration. You should not take this product if you have any prior medical condition, including diabetes or high blood pressure. Consult your doctor before using this product.

Keep out of the reach of children.

Do not purchase if safety seal is broken.

* These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Distributed by:
Controlled Labs
Englewood, NJ
www.ControlledLabs.com

Lot#/ Exp.:



Elements:

GlycerGrow™

Cell Burst Formula

Dietary Supplement

Natural Flavor

2.2 lb. (1,000 Grams)

Supplement Facts

Serving Size: 3 Scoops (8.33 grams)

Servings Per Container: 120

Amount Per Serving		%DV*
Calories	54	
Calories from Fat	54	
Total Fat	6 g	9%*
Saturated Fat	6 g	30%*
Total Carbohydrates	0 g	0%*
Sodium (as Chloride)	163 mg	7%*
Potassium (as Gluconate)	70 mg	2%
GlycerGrow Complex™	7,500 mg	†
Glycerol MonoStearate (GMS from Vegetable Source) and L-Taurine		
CellCharge Complex™	834 mg	†
Sodium Chloride and Potassium Gluconate		

* Percent Daily Values (DV) are based on a 2,000 calorie diet

† Daily Value not established



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