

Initial (First Serving ONLY) Instructions:

To assess your individual tolerance to this product, combine 1 scoop of **Purple InTrain™** with 10 oz of water, mix with a spoon, and consume it during your workout.

Directions For Regular Usage:

Add 1-2 Scoops of **Purple InTrain™** into 20-24 oz of cold water, and consume it during your workout. Make sure to mix the powder with a spoon as shaking it will cause a long lasting foam to appear on the surface of the liquid. For best results, **Purple InTrain™** should be used in combination with other Controlled Labs products, at least 1-2 gallons of water per day, a high protein/moderate carbohydrate diet. For more details on optimizing your results, please see www.Controlledlabs.com.

Warnings:

This product may cause a tingling in some users. This is a natural characteristic of beta alanine. You should not take this product if you have any prior medical condition, including diabetes or high blood pressure, or are pregnant or nursing. Consult your doctor before using this product.

Keep out of the reach of children.

Do not purchase if safety seal is broken.

MADE IN A USA GMP FACILITY



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

To report a serious adverse event or obtain product information regarding this dietary supplement, please call (201) 785-7144

† 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.

Lot # / Exp



Purple InTrain™

Anabolic Intra Workout Formula

Dietary Supplement



Purple Raspberry Flavor

2.18 lb (992 Grams)

Supplement Facts

Serving Size: 1 Scoop (16.5 grams) (25cc per scoop)

Servings Per Container: 60

	Amount Per Serving	DV%
Calories	34	
Calories from Fat	0	
Total Fat	0 g	0%
Saturated Fat	0 g	0%
Cholesterol	7 mg	2%
Total Carbohydrates	5 g	2%
Sugars	0 g	**
Protein	4 g	7%
Niacin (as Inositol Nicotinate)	10 mg	50%
Vitamin B6 (as Pyridoxine HCl)	10 mg	1000%
Vitamin B12 (as Methylcobalamine)	2500 mcg	41667%
Calcium	29 mg	3%
Chloride (as Sodium Chloride)	30 mg	1%
Sodium (as Sodium Chloride)	32 mg	2%
Potassium (as Potassium Gluconate)	13 mg	1%

Purple ProCho Complex™ 8750 mg **
Highly Processed Waxy Maize Starch and Hydrolyzed Whey (milk) Protein
(Featuring a High Level of Di and Tri Peptides and Hydrolysis)

PurpleBolic Complex™ 5650 mg **
L-Leucine (2.5 grams), Beta Alanine (1.6 grams), L-Glycine and Banaba
(Extracted for Corosolic Acid)

Purple vitAmin Complex™ 148 mg **
Potassium Gluconate, Sodium Chloride, Pyridoxine HCl, Inositol Nicotinate
and Methylcobalamin

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

** Daily Value not established.

Other Ingredients: Malic Acid, Natural & Artificial Flavor, Acesulfame Potassium, Lecithin (Soy), Silicon Dioxide, Sucralose and Bitberry Extract.