Initial (First Serving) Instructions:

95328 00144

To assess your individual tolerance to the ergogenic matrix, combine 1/2 scoop of PUNPLE WIRAATH™ with 4 oz. of water and consume it before, during and/or after your workout. Shake well before drinking.

Directions for Usage:

Combine 1-2 scoops of PURPLE WRAATH™ with 20-40 oz. of water, and consume it pre-workout or over an extended period of time (pre-workout, during your workout, and post-workout). Shake well before drinking. For best results. PURPLE WIRACHI'M should be used in conjunction with other Controlled Labs products, with at least 1-2 gallons of water per day, and a high protein/moderate carbohydrate diet. For more details on optimizing your results, please see www.ControlledLabs.com

Warnings: The ergogenic matrix may cause a slight tingling in some. This is a natural characteristic. 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.

Controlled Labs Englewood, NJ www.ControlledLabs.com

